



VSRA TIMES

June 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



June Birthdays: 5th Caius, 8th Gus & John P,
15th Alvin, 29th Harsha



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
21st with Heather Atkinson,
Counsellor

12-12:30



BYO Lunch

Bring your own lunch and eat
with friends

12:30-1:30

June 7th



Sharing Skills & Advice

Your lived experience is
so valuable - let's
share our gifts and
insights

June 14th



Heart and Stroke Foundation Talk

with Mary Stambulic
and Rebecca Ponting

June 21st



Music Enrichment

Shannon Perkins-Carr,
MTA

June 28th



VSRA Canada Day Picnic at Gyro Park 11 am - 130pm

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 W̱SÁNEĆ Peoples on whose traditional land we meet.

THERE IS LIFE AFTER STROKE!

Face is it drooping?
Arms can you raise both?
Speech is it slurred or jumbled?
Time to call 9-1-1 right away.

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June News 2024

June is Stroke Awareness Month in Canada. Think **F.A.S.T.** On June 7th, we will be making an “inventory” of members’ skills and sharing our top tips for stroke recovery. On 14th June, Mary Stambulic and Rebecca Ponting from the Heart and Stroke Foundation will be presenting the Foundations’ latest initiatives. There are opportunities for you to get involved and make a difference.

Heather Atkinson, our care partner group counsellor will be here on 21st June as will Shannon Perkins-Carr for the music program.

June 28th is our Canada Day picnic. Invite your loved ones and come for some fun, good food and a time to celebrate together. Please complete your food order on the picnic notice. And we also welcome your help in making this a great event!

EXCITING NEWS!!! PROGRAM EXTENDED INTO JULY!!



The VSRA has been awarded a grant by the **UNITED WAY** which has enabled us to extend the program through July. A big **THANK YOU** to Board members, Bill Cox and Andy Jani for successfully applying for this grant. We will tell you more about it and the extra things it will enable us to do!

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!



MAY'S MAGNIFICANT MEMBERS

Jean and Norm F
Bill C and Andy J
Jola (and her ukulele)

COMMUNITY SUPPORTERS

Red Barn Markets

THANK YOU