



VSRA TIMES

January 2024

Victoria Stroke Recovery Association

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



January Birthdays: 1st Emelia, 4th Lucy & Mary-Anne
12th Mary Anna, 22nd Larry, 29th Desiree



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,
Mentor. Jan 19 with Heather
Atkinson, Counsellor

12-12:30



BYO Lunch

Bring your own lunch and eat
with friends

12:30-1:30

Jan 5th



Welcome Back!

Member Presentation
by Eric Nelson

Jan 12th



Membership Renewal & Feedback

Discussion for future
program planning

Jan 19th



Music Enrichment

Shannon Perkins-Carr,
MTA

Jan 26th



Aphasia: Strategies for Supportive Communication

Marie Shuman, RSLP

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!

January News



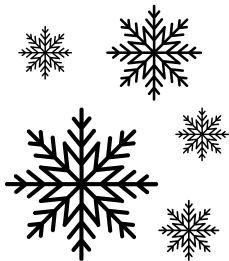
Welcome Back Everyone!

It's exciting to start this year with the Victoria Stroke Recovery Association. As the focus of 2024, the Board of Directors and members have the opportunity to work together on renewing and fulfilling our mission statement:

To assist stroke survivors and their caregivers maintain and improve their overall quality of life and good health so that all of those affected by a stroke can help with the ongoing recovery of the stroke survivor and enable independent living.

On January 12th, we will be taking time to complete our Membership Renewal forms. Yearly membership is \$50 per person and helps towards the cost of hall rental, speech, exercise and care partner groups, speakers and activities. We'll also do some brainstorming about what ideas you have for the group and how we can best live out our mission statement.

WHAT HAPPENS IF IT SNOWS?



If it snows, then we will cancel the Friday group so everyone can stay safely at home.

Mary-Anne, Susan or a member of the Board of Directors will telephone you by 9:30am. Anyone using Handydart will be able to cancel their transport in good time.

We are so grateful to those giving the VSRA of their TIME, TALENT and TREASURE. What does that mean? If you volunteer your **time** to our group - more can be achieved. If you give your **talent**, we are enriched and if you share your **treasure**, we can grow. We want to acknowledge those who have been so willing to give over the past two months and we encourage everyone to contribute to the VSRA in their own unique way.

November's Noble Nominations

Marie Shuman
Bill Cox and Friends
Susan and Wayne Mew
Foundation
Eric, Gus, Don and Maureen
UVic Student Volunteers



December's Dashing Donors

Mary Anna McKay
Norm, Jean and Chris Fairlie
Hamber Foundation
Mary-Anne Gibbs
Susan Edwards