



# VSRA TIMES

November 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)



November Birthdays: 4th Eileen C,  
6th Manfred M, 11th Dietrich S, 27th Kathy R



### 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; Nov 17th Heather Atkinson, RCC

12-12:30



#### BYO Lunch

12:30-1:30

Nov 3rd



#### Library Cart Launch Student Book Reviews



Nov  
10th

#### Remembrance Day Speaker, former UVic Volunteer/Vimy Guide Kathryn Harder, RSLP



Nov  
17th



#### Music Enrichment with Shannon Perkins Carr, MTA



Nov  
24th

#### Bring and Buy Sale

#### 50/50 Draw



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!**



# November News

## A note from our President, Susan Edwards...

Fall 2023 has been fantastic so far! Your \$50 VSRA Membership includes social events such as the Thanksgiving lunch, celebrations, speakers, and a 40% discount on our Christmas Luncheon coming up on December 15th at the Gorge Vale Golf Club. You also have access to professionally-led weekly communication and exercise groups, and monthly counselling and music enrichment. How do we do it? We have a volunteer board who are also members. Marie, our extremely committed RSLP gives extra time to mentor UVic students. Dedicated volunteers show up to serve every week, and we count on our long-term relationship renting space with Knox Church. We depend on donations of “time, talent and treasure” from past and current members, whose generosity encourages us. Speaking of which...**if you would like to participate in our member-led Remembrance Day Service-poem, song, bugle- talk to Mary-Anne G.!**

**CONGRATULATIONS** to Susan Edwards, VSRA President, for being awarded “Speech Pathologist of the Year - Adult Services” by Speech and Hearing BC. We are so proud of your accomplishment and thankful for your commitment to the Victoria Stroke Recovery Association!

### Nov 24th Bring and Buy 50/50 Draw

**Bring** items that are in good condition but unwanted  
and **BUY** new found treasures!

All proceeds to VSRA Programming

### Nov 3rd Library Cart Launch

With funding from Y. P. Hueng Foundation, Bill Cox, VSRA Director, has bought and stocked a library cart with books and resources about stroke, exercise, diet, stroke survivor stories and more...come and check it out...and check out some library books too!

## Recipe of the Month - Tuscan Bean Soup

1 tablespoon olive oil  
2 carrots, chopped  
1 large can (796mls) no salt crushed tomatoes  
½ cup fresh basil  
1 can (540 ml) red kidney beans  
1 can (540 ml) chickpeas

1 onion, chopped  
2 celery stalks, chopped  
1 ¾ cups salt-reduced chicken stock  
1 teaspoon dried oregano  
1 can (540ml) pinto beans  
½ cup freshly grated Parmesan cheese

1. Heat the oil in a large saucepan over med-high heat. Saute the onions, carrots and celery, about 5 minutes. Add chicken stock, tomatoes, basil and oregano. Bring to a boil, then partially cover and simmer for 10 minutes.
2. Rinse the red kidney and pinto beans and chickpeas in a colander. Stir into the soup and cook gently for about 10 minutes until the flavours develop. Remove from heat.
3. Coarsely puree about a quarter of the soup, either with a hand held blender or by transferring 2 cups of the soup to a food processor and then returning pureed soup to the pan.
4. Serve 2 cups of soup per person topped with 1 tablespoon of the freshly grated Parmesan cheese.

Recipe from “Cook Smart for a Healthy Heart” which you can find in the VSRA Library