



VSRA TIMES

February 2025

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



Birthdays: 4th Jean, 5th Sue, 16th Richard



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 McKay

28th Feb with Lycia Rodrigues



Stroke Survivor Support Group

21st Feb with Lycia Rodrigues

12-12:30



BYO Lunch

Bring your own lunch and eat
with friends

12:30-1:30

**Feb 7th New discoveries from
BC Alpine.** Dr Ken Marr.



Curator of Botany at
the RBC Museum

**Feb 14th Persistent Pain - what
can research tell us?**



Dr David Kennedy,
Neurological and Pain
Rehabilitation Lab, UVIC

Feb 21st Music Enrichment



Sing and play along
with Shannon Perkins-
Carr MTA

Feb 28th Self-Management

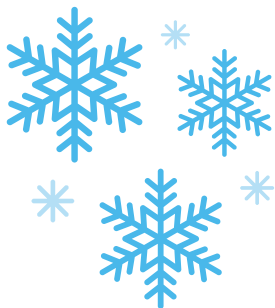


Bill Cox and John
Scattergood will
introduce Self-
Management Principles

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 2025

What lovely blue skies we have had these past weeks....but the forecast is now back to Winter. If the weather is too cold or icy or snowy for the program to run safely, we will contact every member by email or telephone to let you know that it has been cancelled.

This month we have a variety of speakers including Dr Ken Marr from the Royal BC Museum who will educate us about the flora of Northern BC!

Then on 14th February we have Dr David Kennedy from the Kinesiology Dept of UVIC speaking about his research on Persistent Pain. We hope he has some helpful tips!



At the end of the month, our own Bill Cox and John Scattergood who taught Self-Management Programs through the Institute on Aging and Lifelong Health, UVic, are starting a series introducing Self-Management principles and how they can be helpful to Stroke Survivors and their Care Partners.

And what is Self-Management? Self-management means engaging in activities that protect and promote a healthy life as well as monitoring and managing the impacts of a stroke on functioning, emotions and interpersonal relationships.

Stroke Survivors Support Group Feb 21, 2025



Lycia will invite participants to reflect about a daily mindfulness practice of "Going back Home". This practice can help us open doors inside ourselves, and enrich our daily lives immeasurably with less fear, despair or anxiety.

Care Partners Support Group Feb 28, 2025



Lycia will facilitate conversations about respite from stress and fatigue. Regular members will share ideas with new members about how they've navigated daily tasks while enhancing emotional well-being. Lycia will share resources and information in this safe environment where the goal is to help lighten your load and share possible solutions.

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!



JANUARY'S GENEROUS GEMS

Alvin – for your extra time helping with the renewal forms and receipts!

Ron and Rosarie – for fostering a sense of community at their table

Richard – for stepping up and taking on the role of Acting President

Good luck to Susan who will be vying for a grant from 100+ Women Who Care on Feb 5th.