



# VSRA TIMES

March 2025

## 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)

Contact: [coordinatorvsra@gmail.com](mailto:coordinatorvsra@gmail.com)



**Birthdays:** 5 Maria S, 10 Jennifer B,  
18 Eric N and Robert B, 21 Don H



### Morning 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

**7th Mar** with Lycia Rodrigues



#### Stroke Survivor Support Group

**21st Mar** with Lycia Rodrigues

12-12:30



#### BYO Lunch

Bring your own lunch and eat  
with friends

### Afternoon Program

12:30-1:30

**Mar 7th**



#### Sleep.

David Futter from the  
Senior's Health and  
Wellness Institute

**Mar 14th**



#### Slideshow with Desiree and Dale.

**Book review from our  
students**

**Mar 21st**



#### Music Enrichment

Sing and play along  
with Shannon Perkins-  
Carr MTA

**Mar 28th**



#### Self-Management 2 Skills & Techniques, Problem-Solving and Decision Making.

with Bill Cox and John  
Scattergood

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!

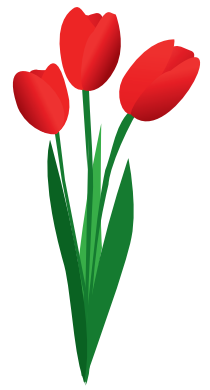
VSRA acknowledges with respect the Lekwungen and WSÁNEĆ Peoples on whose traditional land we meet.

**THERE IS LIFE AFTER STROKE!**

March 2025



# Hello Spring



Welcome to the many new folks  
who have joined us this year!

**Last month's talk on Pain by Dr David Kennedy gave us much food for thought. A resource he shared was Pain BC which provides online education and support that helps people live better with chronic pain. Check it out at <https://painbc.ca> If you want a copy of Dr Kennedy's presentation, please see Mary-Anne**

This month, we will have several interesting talks in our afternoon sessions.

Our first is a workshop from the Seniors Health and Wellness Institute on SLEEP – the reasons for poor sleep and ways to remedy it.

We encourage our members to do presentations too – and on the 14th, Desiree and Dale are going to give a slide show featuring Desiree's photography. And lastly, John and Bill will continue their Self-Management Series focusing on Skills and Techniques, Problem Solving and Decision Making.



## Care Partners Support Group Mar 7, 2025 Sudden shifts in caregiving.

Often, becoming a caregiver is a role we aren't prepared for. This shift can be unanticipated, be taken on by choice or by necessity – and sometimes a mix of all three. Lycia will invite members to discuss how to accept what is happening and create opportunities to hone our problem-solving skills and get creative in the pursuit of a solution for our well-being.



## Stroke Survivors Support Group Mar 21, 2025

Lycia will inspire participants to consider valuable skills to simplify and clarify their current emotional experiences. Our aspiration in this session is to make sense out of our interpretations of behaviours that are usually misleading. We could all hold ourselves back from interpreting and simply notice the behaviour and use this as an illustration of the value that is held.

## 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!



## FEBRUARY'S FABULOUS FRIENDS



**A HUGE thank you to 100+ Women Who Care, Victoria, for their grant of over \$20,000 and Susan for winning it! This money will be directed at increasing support to our aphasia program**

**Care Partners – showing care to each other  
Larry & Carla – organizing Christmas 2025!**