



VSRA TIMES

April 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: 5 Nancy L, 12 Doug C, 14 Marie C,
24 Dale S, 25 Emma L



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
4th April with Lycia Rodrigues



Stroke Survivor Support Group
25th April with Lycia Rodrigues

12-12:30



BYO Lunch
Bring your own lunch and eat
with friends

Afternoon Program

12:30-1:30

April 4th

Dragon Boating



Peter and friends will
tell us about Dragon
Boating and how the
VSRA might get
involved!

April 11th



Self-Management 3

Bill and John will be
talking about Resource
Utilization and Care
Partner Relationships
Spring Raffle!!!

April 18th



Good Friday

No group today

April 25th



Music Enrichment

Sing and play along
with Shannon Perkins-
Carr MTA

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!

April 2025



A STROKE AHEAD – A VSRA DRAGON BOAT TEAM!

Volunteer, Peter has a Dragon Boat dream! He is dreaming of the beginnings of...A STROKE AHEAD! The First ever Stroke Recovery Para Dragon Boat Team here on Vancouver Island and possibly in BC! Inclusivity is his goal as Team Leader – so the boat would include stroke survivors and care partners. We could compete with all other Dragon Boat Teams but also other Para Dragon Boat Teams....



22 HEARTS AND ONE SOUL! PADDLES UP! Hear more on April 4th!



Why not do an April Spring Clear Out... Our Annual Bring and Buy Sale will be on 2nd May. **BRING** items that are in good condition but unwanted and **BUY** new found treasures. All proceeds to VSRA Programming

**ANNUAL
BRING & BUY
SALE**



Care Partners Support Group 4th April, 2025

Lycia will lead conversations about how we can balance our loved one's wishes with their safety. By introducing changes slowly, respecting their autonomy, and being patient, we can create a supportive environment that honours their dignity. Lycia will encourage reflections around accepting help, so your family member will have to acknowledge their condition and the physical and cognitive changes that come along with it.



Stroke Survivors Support Group 25th April 2025

Lycia will invite members to consider new ways to communicate in order to be heard by others when you are frustrated, angry, or confused. It might be hard – and downright intimidating – to speak up. You might leave appointments with more questions than answers. But your role and voice are important; you are managing many aspects of your own care. While our health system has embraced the patient centered health care approach, it will take time to transform how you could be included on the front lines of care.

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!



MARCH'S MARVELOUS MATES

Desiree and Dale for their wonderful presentation!

Rolly – for bringing joy with her decorations!

Peter & Bill – for organizing the Hockey! We had FUN!

Alvin – for keeping our finances working and continuing to promote the VSRA with Talks!

Debs – for volunteering with Bill and Peter at the VGH