



# VSRA TIMES

June 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:** 2 Jan H, 5 Caius St G,  
8 Gus R & John P, 12 Alvin Y, 27 Peter M



### 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

**6<sup>th</sup> June** with Lycia Rodrigues



**Stroke Survivor Support Group**

**20<sup>th</sup> June** with Lycia Rodrigues,

Registered Clinical Counsellor

12-12:30



**BYO Lunch**

Bring your own lunch and eat  
with friends

### Afternoon Program

12:30-1:30

**June 6th**



**Self Portraits with  
Gillian Flower**

Artist Gillian will lead us  
in this creative activity.

**June 13th**



**Self-Management 5**

Bill and John will talk  
about how to apply this  
program to your own  
situation and Stroke  
Internet Resources.

**June 20th**



**Fall Prevention**

with Physiotherapist,  
Naomi Casiro from  
Neurofit.

**June 27th**



**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!**

## June is Stroke Awareness Month – why not:

- share your story
- give someone a FAST bookmark
- go to an After Stroke webinar (see notice board)

June  
2025



**VSRA DRAGON BOAT UPDATE** Volunteer, Peter and the VSRA Board have been working extremely hard at getting a VSRA Dragon Boat team in the water for this year. Unfortunately it hasn't been possible to organize everything (the safest boat, the most accessible club, insurance, funding) but the groundwork has been done for next year. However, you are invited to attend an Open House at the Fairway Gorge Paddling Club on 21<sup>st</sup> June 2025. This will give everyone who is interested a chance to get into a boat and try it out! More details and sign up sheet to follow.

At the last 100+Women Who Care Meeting, Susan presented our donation of many boxes of children's books to the 1000X5 Children's Book Recycling Project. Eileen Eby, Executive Director, wrote her thanks to us saying "we are very touched and deeply grateful. These books will be given to families where there are few or no books. Reading to these children will encourage brain development, imagination, love of stories and closeness with adult readers. **A HUGE THANK YOU TO THE VSRA**" [www.1000X5.ca](http://www.1000X5.ca)



### Care Partners Support Group June 6, 2025

Lycia will facilitate conversations about the importance of a Caregiver Support Plan. Participants will use the handout by Family Caregivers of BC to create a personal caregiving plan that is driven by their needs and tailored to what will give them the greatest support to reduce emotional and physical stress.



### Stroke Survivors Support Group June 20, 2025

Lycia will invite participants to consider their current real human connections and meaningful relationships. Our discussion will focus on the power of story-telling, that is, how the stories we tell about ourselves, and ourselves in relationship, shape the quality and direction of our lives. Our aspiration for this session is to share our experiences of relationship-making through story-telling and how this strategy can mitigate our sense of isolation.

### 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!



### MAY'S MARVELOUS MATES

#### Our awesome volunteers

**Maureen and Robert for sharing about Antarctica**  
**Jen Beadle and Gregg Meiklejohn for joining the Board**  
**All our hard working Board Members**  
**Debs, Konrad and Dee Jay for helping with a UBC training initiative**  
**Susan and Wayne Mew Foundation**