



# VSRA TIMES

September 2025

## Victoria Stroke Recovery Association

Meets on Fridays at Knox Presbyterian Church

2964 Richmond Rd, Victoria, BC V8R 4V1

Website: [www.victoriastrokerecovery.org](http://www.victoriastrokerecovery.org)

Phone: **778-350-8772 (VSRA)**

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



**Birthdays:** 5 Ron A, 15 Wayne M, 24 Julie S



### Morning Program

10-11



#### 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

**12th Sept** with Lycia Rodrigues



#### Stroke Survivor Support Group

**19th Sept** with Lycia Rodrigues,

Registered Clinical Counsellor

12-12:45



#### BYO Lunch

Bring your own lunch and eat with friends

### Afternoon Program

12:45-1:30

#### Sept 12th Welcome back!



We are starting the year with marvelous musical melodies by Don Nathan and his guitar!

#### Sept 19th Survivor Tips and Techniques



Brain tumor survivor Les Chan will share his inspiring story

#### Sept 26th Music Enrichment

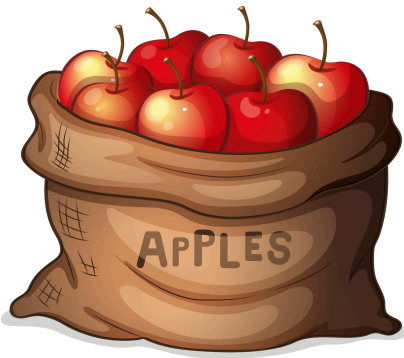


Sing and play along with Shannon Perkins-Carr  
MTA

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!**



# Sept 2025

**Welcome Back! After our August break, I hope everyone is refreshed and excited to be together again. We're starting off the year with some fun and then continuing on our journey of learning, enrichment and connection.**

## **VSRA Program Evaluation Actions**

The Board, Staff and Volunteers really appreciated the feedback from the evaluation survey of last July. In response, we will be trying to do a few things differently this term including:

- option to come earlier to socialize
- announcements to start at 10:45am so groups can start at 11am sharp
- relocation of some communication groups to allow for a quieter space
- lunch from 12 – 12:30 pm with a 15 minute transition period so members have more time to eat lunch and then move to the afternoon session
- afternoon session moving to the big hall for extra space and less noise

Please let us know if these changes make a positive difference!



### **Care Partners Support Group September 12th, 2025**

Lycia will facilitate conversations about using intention as a way of coaching or supporting ourselves and finding personal safety. We will also discuss how contingency planning can be very useful in the caregiving journey.



### **Stroke Survivors Support Group September 19th, 2025**

Lycia will invite participants to explore how we can activate self-awareness – take a moment to pause and step back and observe our actions, attitudes, or emotions. This kind of awareness can keep us from getting swept away in a pool of the negative nellys or behaviors, and helps us move to self-compassion.

Congratulations to past volunteer Sophie who is now working in the Victoria School District as an Assistant Speech and Language Pathologist.

### **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!



### **JULY AND AUGUST'S AUGUST ASSOCIATES!**

**Community Partners who donated to the picnic – Red Barn, Oak Bay and Peppers, Cadboro Bay. Thank you!**  
**Picnic Volunteers – three cheers to everyone who helped make the picnic a success!**

**Summer Coffee – thank you to Bill, Don and Jen for organizing this each week**

**New Campus Volunteers – Over the Summer, our UVIC students have been training with Marie in preparation for the start of our year!**

**Behind the Scenes – thank you to the Board and Marie for your dedication in planning for the Fall!**