

TURTLE TIMES

VICTORIA STROKE RECOVERY ASSOCIATION

(SRABC – VICTORIA BRANCH)

Meeting Location: KNOX PRESBYTERIAN CHURCH

2964 Richmond Road, Victoria, BC V8R 4V1

(VSRA office: 250-383-2623)

vsra@shaw.ca

VSRA is a non-profit Association. It is a self-support group for stroke survivors, their families and caregivers. Volunteers assist registered professionals in providing speech therapy and adaptive physical exercise classes, social and educational programs, spouse and caregiver support. There is *Life after Stroke*.

APRIL 2010

APRIL 9 10:30 – 1:30

*Speech therapy and Language Lab -
Mette Lockwood, Registered Speech
language Pathologist
*Adaptive Exercise with Judy Avila,
Registered Kinesiologist
*Spouse and Caregiver Support Group
*Tea/coffee /camaraderie
Social activities day
Four-by-four bingo!
(nickels, dimes and quarters!)

APRIL 16 10:30 – 1:30

*Speech therapy and Language Lab -
Mette Lockwood
*Adaptive Exercise - Judy Avila
*Spouse and Caregiver Support
*Tea/coffee /camaraderie
Afternoon program - TBA

APRIL 23 10:30 – 1:30

*Speech therapy and Language Lab –
Mette Lockwood
*Adaptive Exercise -Judy Avila
*Spouse and Caregiver Support
*Tea/coffee /camaraderie
Afternoon program – The Gypsy Rovers
– Lively Music from Europe!

SUNDAY APRIL 25TH

– **Benefit Concert 2PM**

APRIL 30 10:30-- 1:30

10:30 – 1:30 *Speech therapy and
Language Lab –Mette Lockwood
*Adaptive Exercise - Judy Avila
*Spouse and Caregiver Support
*Tea/coffee /camaraderie
Afternoon program - TBA

Remember to bring a camaraderie bag lunch every Friday. Tea, coffee, juice and cookies provided. Donation of \$2 to the coffee funds please!

VSRA 2010 BOARD

President: Karol Sanderson
Vice- President: Willie Neufeld
Treasurer: Bruce Hackett
Secretary: Bronwyn Hackett
Director Representative to SRABC:
Bronwyn Hackett
Director (Exercise Program
Representative): George Tahouney
Director (Speech Program
Representative): Norm Nunn

*Dear members and friends,
volunteers and staff*

We are delighted that you have come today. Please introduce yourself to The **Rev Laura Kavanagh**, Minister at Knox, and **Linda Gill**, Administrative Secretary. A representative of Knox Church Board will attend a portion of VSRA Board meetings each month to establish/maintain a liaison and information sharing opportunity.

Thank you volunteers, for being with us in April! Your assistance is appreciated on a grand scale!

Our hospitality convenors for April include:

10 a.m. –12.30 p.m
Fiona, Kitty(10 .00 a.m. 11 a.m.) –
coffee/cookies/ smiles
Willie, Kitty, Edna –*Tea*/cookies/smiles

12:30 – 2 PM – Willie/ Bronwyn

Mary Anna

*Sunday April 25th 2010
2 PM*

*Live Life Lovingly
Benefit Concert*

Venue: The Truth Centre
1203 Fort Street

Guest artists who are generously
donating their contributions
include:

*Josh Lovell, *Tenor and 2009
Splash Symphony Soloist*

Vancouver Island Ukulele Band

*Jared Richardson, *Pianist*

**Louise Rose and the
Good News Choir*

Donation at the door.
Please advertise this wonderful musical
afternoon among your friends, family,
colleagues, and neighbors within the
Greater Victoria community, Oak Bay,
Esquimalt, Royal Oak, Gordon Head,
Saanich, Central Saanich, Sidney and
beyond!

2010 Membership Book

Please confirm that the information is
correct. Please initial your name to give
permission to be included in the final
printing of the membership Book.

Looking ahead...

ANNUAL VSRA PICNIC

June 18th 2010, 10 a.m. -3 p.m.

Venue:

Queen Alexandra Centre for Children's
Health Garden Park Activity Centre
(near the beach!)
2400 Arbutus Road

(Remember the Duck races??)

Christmas Luncheon

Friday December 3rd 2010.

Venue: Gorge Vale Golf Club,
1005 Craigflower Rd

Mette Lockwood, M.A.,RSLP
(Registered Speech language
Pathologist)

As of April 1st, 2010, there is a new
**College of Speech and Hearing Health
Professionals of BC.**

Mette is also a member of CASLPA
(Canadian Association of Speech
Language Pathologists and Audiologists)
And BCASLPA (British Columbia
Association of Speech Language
Pathologists and Audiologists).

Mette has been a professional staff
person with VSRA for over 10 years.

Judy Avila, B.Sc. in Kinesiology. Judy
is a Practicing Kinesiologist. She has
been a professional staff person with
VSRA for 6 years. Judy works with
populations such as our VSRA clients
who require specialized adaptive
exercise. She also serves private clients,
working at Everfitt with Flo Bongiovani-
Russell, Cedar Hill Recreation Centre.

Judy has just completed a 6-month
course n balance and mobility at the
University of California, Fullerton. She
is a *Balance and Mobility Specialist*.

Judy is a member of BCKA (British
Columbia Association of Kinesiologists)

Why Keep a Donkey?

When your day seems out of balance
And so many things go wrong,
When people frown around you
And the day goes on, and on.....

When people create havoc
And everything goes wonky,
Go out into the pasture
And wrap your arms around a donkey.

His gentle breath enfolds you.
He watches with those eyes.
He does not have a Ph.D.
But he is very very wise!

His head rests on your shoulder.
You hold him very tight.
He puts your world in balance
And makes it seem all right.

Your tears, they soon stop flowing.
The tension now has eased.
The stress has been lifted
And an inner peace is seized.

So when you need a respite
From the turmoil in your day
The best therapy ever
Is out there...eating hay!!

Courtesy, 1st Donkey and Mule Club of BC
Vancouver Island, BC

There is *Life after Stroke*

