WHO WE ARE

The Saskatoon Stroke Recovery Association is a charitable organization made up of stroke survivors, family members, and health care professionals dedicated to the recovery and improved quality of life for both stroke survivors and their families. Our vision is for all stroke survivors and their families to integrate confidently within their communities with the appropriate support systems needed.

MEMBERSHIP

There is a $7.00 annual fee for members payable by cash, cheque, or e-transfer to the Stroke Recovery Association of Saskatoon.

CONTACT

President: Mildred Shipman (306-242-3905)
Vice-President: Albert Guenther (306-382-2264)
Membership: Marj Carson (306-382-5422)

Donations can be made to the Saskatoon Stroke Recovery Association for a tax deductible receipt. All donations are greatly appreciated to help improve the independence, recovery, and quality of life for both stroke survivors and their families.

Donations can be mailed to SSRA Accountant Cindy Hanson (306-382-2441):
SSRA
106-309B Cree Crescent
Saskatoon, SK
S7K 7Y3

SASKATOON STROKE RECOVERY ASSOCIATION

Primary Business Address
Stroke Prevention Clinic
Royal University Hospital
103 Hospital Drive

Phone: 306-655-6804
Fax: 306-655-6803

Every year, more than 720 people in Saskatchewan suffered from a stroke or Transient Ischemic Attack (TIA).

Our Mission:

To provide education while meeting the physical, emotional, social, and spiritual needs of survivors of stroke and their families. We are committed to ensuring independence, quality of life, and the rehabilitation and reintegration of those recovering from stroke back into their community.

Tel: 306-655-6804

April 2017
Programs

Group Gatherings
Every month, SSRA members come together for refreshments, entertainment, and education.
Dates: 1st Monday of the month
Time: 2:00pm – 5:00pm
Location:
St. Martin’s United Church
2617 Clarence Avenue S.
(corner of Clarence Avenue and Wilson Crescent)
Saskatoon

Water Therapy Class
Members have access to the pool at the YWCA for water therapy.
Dates: Every Thursday
Time: 10:30am – 11:30am
Location:
YWCA
510 – 25th St. E., Saskatoon
Contact:
Kim McCloy (306-382-2312)

Stroke Exercise Group
Exercise led by exercise therapists.
Dates: Tuesdays and Thursdays
Time: 1:15pm – 2:15pm
Location:
Saskatoon Field House
2020 College Drive
Saskatoon
Contact:
Gail Barr (306-978-6683)

LIFE AFTER STROKE
Experiencing a stroke is not an end result, it is a new beginning with new challenges to overcome.

- Many stroke survivors go on to have successful and enjoyable lives. There is no ceiling to recovery as long as you never give up hope and never stop moving towards rehabilitation.

- Set goals to strive for, it is important to recognize and celebrate your successes no matter how big or small. If you find you are unsuccessful at achieving a goal, break it down into smaller steps to help accomplish this victory.

- Continue to find ways to do what you love, spend time with those you love, and use their support and encouragement to help push you forward in your recovery process.

“YOU ARE NOT ALONE”

OUR EMPHASIS IS ON
- Social interaction and recreation
- Support from fellow stroke survivors
- Meaningful relationships
- Caregiver support
- Physical exercise
- Stroke recovery education
- Maintaining independence
- Connecting stroke survivors to community resources
- Annual social events
- Maintaining positive routine

Understanding the Roadmap to Recovery

Never Give Up