



# Stroke Resource Center OF SOUTHERN ARIZONA

## **SPRING- SUMMER 2026 NEWSLETTER**

### **Greetings from the Director**

I am happy to report that the Stroke Resource Center of Southern Arizona is healthy, happy and continuing to increase our impact in the community. This year we added new events to our calendar and are planning repeat those events and new events going forward. Our monthly Stroke Support Group continues to grow as word of mouth and online presence gets the word out.

As always, I write this newsletter feeling honored that the Stroke Resource Center of Southern Arizona can continue to serve our stroke community. Our mission is to provide support to our stroke community through personalized referrals to resources and by offering social events that bring together people with similar experiences. This newsletter shares some highlights from the last season as well as some information on events to come.



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## 👁️ Looking Back



We certainly “hit the bull’s eye” with an archery outing in 2025. Two of our members, Lewis and Rey, attend Strike Archery regularly and again facilitated the event—thanks for their help! We learned that archery not only can be enjoyed by those with physical challenges, but the sport can aid in stroke recovery. For example, Rey and Lewis have experienced positive changes in strength and balance since joining the archery center. We are planning another group archery event in the Fall, so be sure to check our website <http://soazstrokeresources.org/> toward the end of the summer for dates and RSVP information.



Our monthly stroke support group, held in partnership with TMC for Seniors, is attended by long-time members and new attendees every month. We are proud that we can offer separate concurrent sessions for stroke survivors AND caregivers. There was a record attendance at our December 2025 Holiday Party support group. It was a morning full of games, laughter, food *and* sharing rehabilitation successes. For example, Pat, one of our original stroke group members, shows the group how he can stand! What an accomplishment!



We “Let the good times roll” several times this year at bowling events. The enthusiastic support for our bowlers was visibly and audibly in play! The pizza was also *really* tasty, thank you Kim! Thank you to Lucky Strike Bowling for accommodating our group.



➔ Part of our mission is to provide stroke education to the community. This Spring, Dr. Ritter spoke to groups at Marana Health Center and Encompass Health Rehabilitation Hospital about our services, stroke types, risk factors and the excellent stroke care in Tucson hospitals. In April, Board member Diane Henrickson and I participated in Tucson Medical Center's annual Stroke Prevention Saturday where we talked to a large number of community attendees about stroke risk and the activities of our organization.



➔ We are so pleased to welcome Kim Wolfarth to our Board of Directors. Kim is a stroke survivor and a steady presence at our events, including our stroke support group. Read more about Kim on our website <http://soazstrokeresources.org/>



## Looking forward

➔ Just another reminder that our stroke support group will meet over the summer. We meet the third Monday of the month, *in person* at TMC for Seniors (2695 N. Craycroft, Tucson, 85712) or *virtually* by ZOOM. Both stroke survivors and caregivers are welcome. To register for the stroke support group call 520-324-1960. If registered, you will receive attendance reminders and the ZOOM link.

➔ A list of our Fall-Winter activities will be posted on our website <http://soazstrokeresources.org/> at the end of August 2026, so check back then! We would love to see you at our events!



As we look forward to the upcoming months, we remind our community that the Stroke Resource Center operates as a non-profit organization. Our entire leadership team volunteers their time on the Board and at our events during the year. While we do not charge people for participating in the activities we offer, these activities do come at a cost for us and we continue to exist because of generous donations from people like you. Thank you in advance for considering supporting us and the stroke community we serve. Use the QR code below or visit our website to donate <https://soazstrokeresources.org/donations/> . Thank you in advance for making the lives of stroke survivors and caregivers a little bit better. Last, like us on Facebook!



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