

VOL. 1 ISSUE 4 AUGUST 2021

# AUGUST UPDATE

SPEECH RECOVERY PATHWAYS



## Summer Meet Up Recap

WILDCATTER PARK, BREA | AUG. 13TH

Some members and volunteers had a wonderful time at the Wildcatter Park! It was the perfect morning for a nice stroll around the park. The weather was beautiful. Fellow members and volunteers had a lovely time being able to socialize and take a walk.



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# Fundraisers

## T-SHIRT FUNRAISER

Thanks to Hayley, one of our fabulous volunteers, who designed this t-shirt. Pick up yours today or buy one as a gift. Show the community how important speech and language.

Make sure to ORDER by August 21st!!!

T-shirt (\$30) Long-sleeve shirt (\$35) in grey or navy blue

Link: <https://www.bonfire.com/srpshirtfundraiser/>



## SILENT AUCTION ITEMS NEEDED!

Do you know anyone who owns a business, or would be willing to gift an item for our upcoming silent auction in Oct? We are looking for Spa gift certificates, hotel vouchers, sporting event tickets, personal trainer sessions etc... We will graciously take any donations and in exchange will advertise that company or service. We prefer gift certificates or items that are small/light and easy to mail.



"One step at a time is all it takes to get you there"

EMILY DICKINSON

## Olympics with Rey

### FENCING

In honor of the Olympics, SRP wants to highlight our very own "Olympian!"

Rey, a member of SRP, was an international fencing champion and was ranked in the top ten in the U.S. and in the top 30 in the world! Rey began fencing at 45 years old because his son competed in high school. It became a passion for Rey. He says he "became too good at fencing too fast." Him and his son would compete and Rey would beat him most of the time. His son no longer fences, but Rey kept up his skills and competed and ranked internationally.

Rey suffered a massive stroke in 2018 and can no longer fence. Rey turned his passion to gardening and wants people to remember to "persevere and never give up!"

"Olympism" is a philosophy of life, exalting and combining a balance in body, will and mind. We truly applaud all the athletes who competed in this years games. We admire you for your dedication, strength, agility, agility, and stamina. Each of you, like Rey did not give up, you rose and overcame great hurdles!



**"Never stop trying. Never stop believing. Never give up. Your day will come."**

MANDY HALE



## Yoga session

DEBRA (IAMYOGAANDFITNESS)

At Speech Recovery Pathways, we believe it important to not only care for survivors, but also the families who are caring for them. We know what a big role they play, selflessly giving day in and day out. We were excited to sprinkle them with a day of relaxation and rejuvenation. Thank you to Debra at iamyogaandfitness who showered the caregivers with a fabulous yoga session and words of encouragement. She concluded the session with these powerful words “Grant me awareness for the needs of the ones in my care. Grant me the courage to tirelessly give of myself and discernment for when I need to focus on my own needs. You are one person, but to one person you may be their world”.



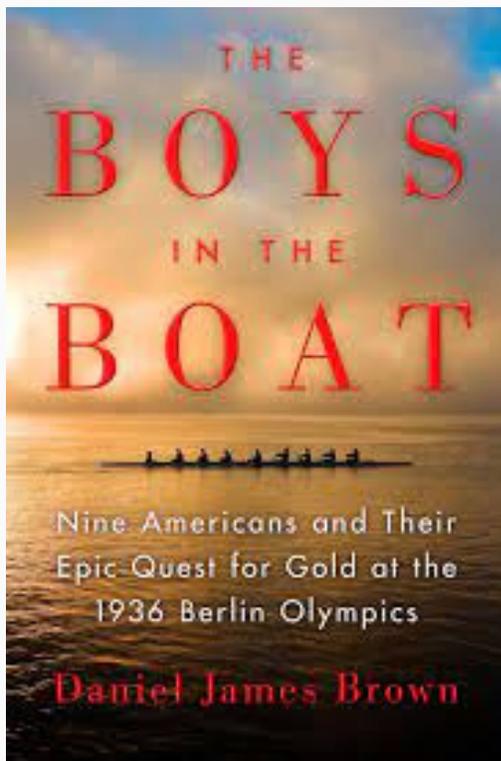
**"Nothing is  
IMPOSSIBLE.  
The word itself  
says  
'I'M POSSIBLE!'"**

AUDREY HEPBURN

## Book Club

EVERY WEDNESDAY | 7:15-8:00PM

Our monthly book club is finally here! This month we chose the book, The Boys in the Boat, by Daniel James Brown. A group of members and volunteers come together (virtually) every week to read and talk about the book. Its been great to bring our members together to connect and promote the love for literature.



"Life doesn't get easier or more forgiving, we get stronger and more resilient."

STEVE MARABOLI