

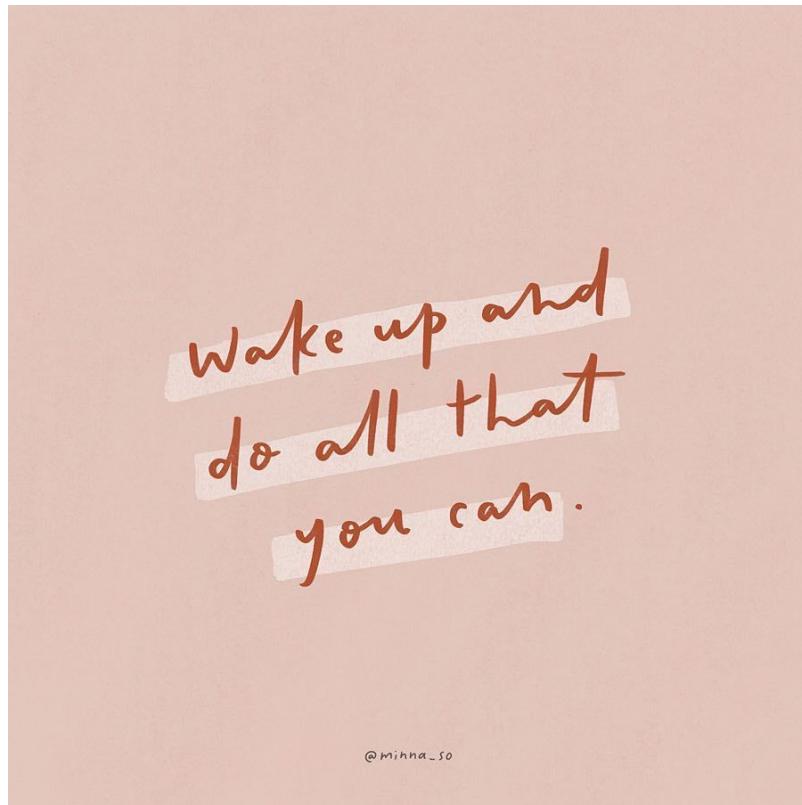


Speech Recovery Pathways



February 2021

February Newsletter



Monthly Highlights

- Lunar New Year
- Valentine's Day
- Fundraisers

- New Volunteer Highlight
- Book Club
- Yoga

Happy Lunar New Year!

(February 1-15)

What is Lunar New Year?

Lunar New Year, Chinese Chunjie, Vietnamese Tet, Korean Solnal, Tibetan Losar. Lunar New Year typically celebrated in China and other Asian countries that begins with the first new moon of the lunar calendar and ends on the first full moon of the lunar calendar, 15 days later.

The lunar calendar is based on the cycles of the moon. The New Year celebration is centered around removing the bad and the old, and welcoming the new and the good.



What are the red envelopes?

At Lunar New Year, it's tradition to give the gift of a bright, beautiful red envelope to your friends and family. But not just any old envelope. These are filled with money - and symbolize good wishes and luck for the new year ahead.

The importance of the red envelope, isn't the cash held inside; it's actually the envelope itself. The red color symbolizes good luck and prosperity in Chinese (and other East Asian) cultures.



Zodiac Animals

Each year in the Lunar calendar is represented by one of 12 zodiac animals included in the cycle of 12 stations or “signs” along the apparent path of the sun through the cosmos.

The 12 zodiac animals are the rat, ox, tiger, rabbit, dragon, snake, horse, sheep, monkey, rooster, dog and pig.

For 2022, it is the year of the tiger!



We have so many fun fundraising events
happening!



Check them out down below!



Green Tomato Grill Fundraiser

Monday, February 21st

Get something delicious and healthy to eat, and 20% of your check will go to SRP!



T-Shirt Fundraiser

It's not too late to get some SRP swag! These t-shirts were custom designed by rockstar volunteer Haley and are \$30. They come in a wide range of colors and sizes, so there's something for everyone! Click here to purchase: <https://www.bonfire.com/srpshirtfundraiser/>

KRISPY KREME DOUGHNUTS FUNDRAISER

Raising Money for Speech Recovery Pathways

Donate \$13 and you will receive a gift certificate via email to Krispy Kreme Doughnuts for a dozen of original glazed doughnuts.

5 INTERESTING FACTS ABOUT SPEECH THERAPY

Did you know?

- Approximately 6-8 million Americans have some type of language impairment.
- About 40 million Americans have communication disorders.
- Approximately 225,000 (one third) stroke cases result in aphasia.
- Over 70 million people worldwide stutter.
- Males are four times more likely to suffer from stuttering.

Source: <https://www.asha.org/>



Send Donations to

Venmo:

Barbara-Santiago-4

Zelle:

barbara22233@yahoo.com

Provide your email to receive your gift certificate.

If you have any questions, contact Barbara at:

barbara22233@yahoo.com

Thank you for your support!

All proceeds will go to support stroke and TBI survivors with programming thru Speech Recovery Pathways.



<http://SpeechRecoveryPathways.fpfundraising.com>

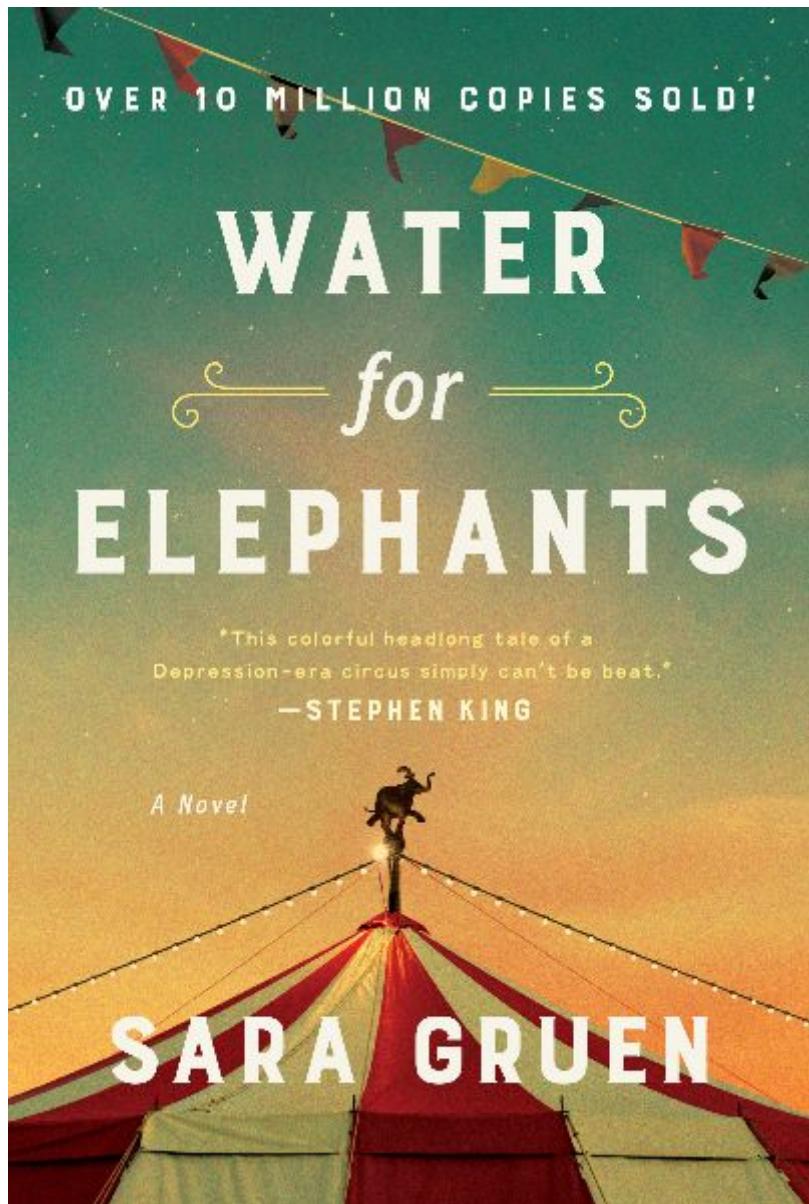
Please support SRP and brighten your world with flowers or spread some seeds! Use the link above to order online. We have bulbs, blooming plants, flower and veggie seeds, cookbook, sprouting trays and pots.

Orders will start shipping directly to you in March, and all orders must be placed before May 15. Email aliciakafin@gmail.com if you have questions.



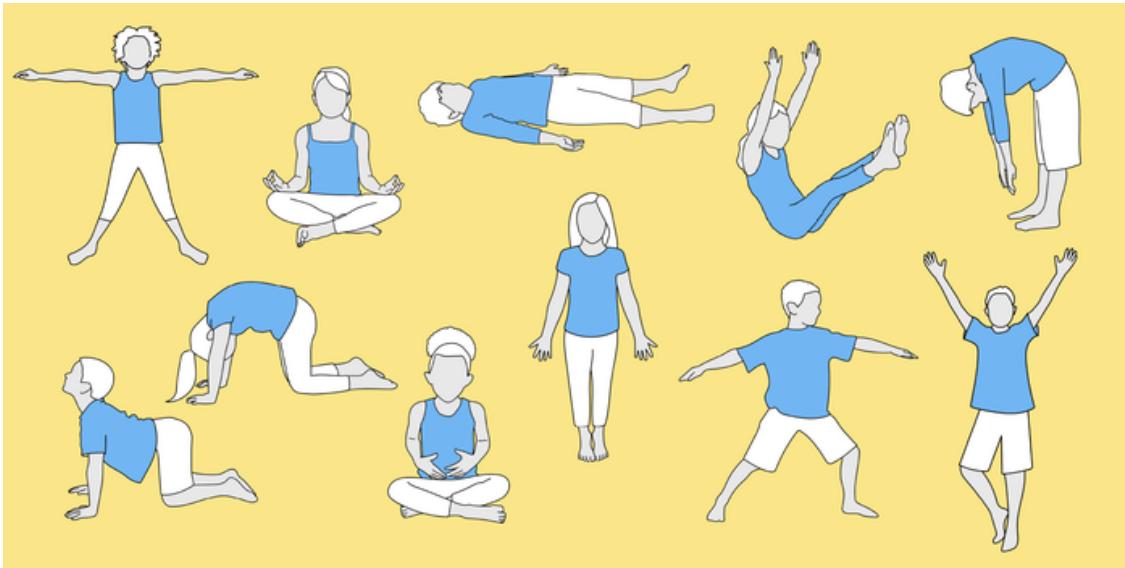
~ New Volunteer Highlight ~

"Hello! My name is Jenny Vu and I am a new volunteer. I really enjoy Speech Recovery Pathways so far because I have been enjoying seeing the activities and how everybody interacts with each other. I decided to join SRP to gain some new experience working with adults, as I am usually more familiar working with children." **~Jenny**



We'd love to see you there!

There's still time to join us! We have two groups, one for Water for Elephants and one Functional Group. Both meet at 7:15pm~8:00 pm every Wednesday night.



Mark your calendar for Yoga on March 4th!

We want you to be blessed and loved! Debra is fabulous and her sessions are so refreshing.

Please feel free to attend the Caregiver session at 9:15-10:00 am PST and Survivor Session at 10:00-11:15am on March 4th.



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