

# ***"We're not guaranteed tomorrow. We have to try to make the best of today." - Travis***

When Travis Carter speaks about his wife Sharron, you can't help but be struck by the deep love and devotion in his voice.

Married since 1996, almost 27 years, the couple both worked at Sunnybrook Hospital in the 90's (Sharron in admissions and Travis in the mail room). But it wasn't until they officially met at her brother's wedding in 1992 that sparks flew, and they got married four years later.

***The couple moved to Markham and were busy with their careers, church, family and friends for many years, enjoying life and each other until Sharron's health began to decline.***

In 2002 Sharron had the first of a series of strokes. Four years ago, following another stroke, she was referred to the Aphasia Institute during rehabilitation and both Sharron and Travis have been coming to programs ever since.

Thanks to the support of donors like you, Sharron and Travis originally attended the New Beginnings program. Sharron continues to participate in the Conversation Group on Monday and Wednesday, Book Club on Tuesday and Karaoke on Friday.

***"It keeps her busy and she really enjoys it," says Travis, adding that it has improved Sharron's ability to communicate.***

Travis also continues to participate in the family support group and says he looks forward to it.

Travis has seen a lot of people participate in our programs over the years and he has contributed a great deal, supporting people at different stages in their caregiver journey. What he is most known for is his positive attitude, his resilience and his strong sense of hope, despite the many challenges that caregivers like him face.

Like many caregivers, Travis' journey hasn't been easy. Travis quit his job three years ago to take care of Sharron and he worries that, if anything were to happen to him, there would be no one else to take care of Sharron, since they don't have any children. But he says they are talking about this scenario in the family support group and, with the assistance of the group members and staff, making plans.

***While life has been challenging, Travis wants to do everything he can to make his wife happy and to take care of her.***



**Talk, Walk 'n Roll**



| Sharron and Travis Carter

“A lot of people struggle to accept their situation,” says Travis. “ But I accept what it is, and I just want to make my wife as happy as she can be. Whatever pain she feels, I also feel. And I just want to take that away.”

***And he wants to thank donors like you for providing support to families like his. “The programs and services that the Aphasia Institute provides are really good. You can learn a lot from the sessions and they really help people.”***

And he wanted to leave you with this thought. “We’re not guaranteed tomorrow. We have to try to make the best of today.” It’s a philosophy that Travis lives by, inspiring so many people around him with his positivity, strength, and deep love for his wife.

***Thank you for making stories like Sharron and Travis’s possible. We, like Travis and Sharron, are deeply grateful for your support and the difference you are making in the lives of our clients and their families and other caregivers.***



## Participate in Talk, Walk ‘n Roll 2023

On Sunday, June 11th, our community of clients, their families and other caregivers, our staff and volunteers, will join together for our 26th Talk, Walk ‘n Roll!

Our Talk, Walk ‘n Roll is a yearly event – advancing Aphasia awareness and fundraising – where we take part in the Toronto Challenge to make a difference in our community. After three years of virtual participation, this year’s Talk, Walk ‘n Roll will be an in-person event during Aphasia Awareness Month and Seniors Month.

Join us! We need your support more than ever as we continue to work to improve the quality of life for Sharron and Travis and others with aphasia, their families and other caregivers.

## Here’s how you can help us reach our goal of \$100,000!

- Fundraise as an individual and set an ambitious fundraising goal for yourself
- Create your own team and invite participants
- Ask family and friends to support you in your efforts to ensure that people with aphasia and their families have access to what most of us take for granted
- Make a personal, tax-receiptable donation
- Expand the impact of your donation by asking your employer or associates to match the funds you raise

**Sign up today at: [aphasia.ca/talkwalkroll](https://aphasia.ca/talkwalkroll)**



**Life’s a Conversation.**