**My most important achievements**

**I am happy that I can already …**

Read, walk on my own without fear of falling, complete tasks for workshops, and count (Yuri)

Walk on my own, go to “Vigor” (Nikolay)

Use public transport on my own (Tatyana)

Getting dressed properly on my own, make a salad and a hot meal, go to the store on my own (Vera)

Move (Ljuba)

Talk, walk better, communicate better with people (Anna)

Complete tasks quickly (Natasha Zh.)

Think out loud in society, help (Andrey Kutkin)

Walk without a cane (Stanislav)

Keep the apartment in order (Natasha D.)

Say “no” (Marina Pavlovna)

**I am happy that I have overcome …**

The fear of moving on my own, the fear of uncertainty about the correctness of my actions (Yuri)

Myself and started talking (Nikolay)

The fear of crossing the street (Tatyana)

My inability to hold a needle; now I can sew (Vera)

The fear of falling (Ljuba)

The fear of communicating with people (Anna)

The fear of being alone (Natasha Zh.)

My shyness and distraction (Andrey Kutkin)

My forgetfulness and distraction to come to the club in “Vigor” (Alexander Vertinsky)

The fear (Stanislav)

The fear of a second stroke (Natasha D.)

Timidity and shyness (Irina Ilyina)

Lack of confidence in communicating with official institutions (Marina Pavlovna)

**I am happy that I have achieved …**

Success in reading and communication; it has become easier to communicate with people (Yuri)

Freedom of movement, I can go shopping and walk with my grandson in the park (Nikolay)

The ability to speak, read, and understand (Tatyana)

The opportunity to work in the kitchen (Vera)

More movement (Ljuba)

A higher level of understanding (Anna)

An improvement in my relationships with friends (Natasha Zh.)

An improvement in cooking (I am learning) (Alexander Vertinsky)

Fellowship (Stanislav)

Independence (Natasha D.)

20 meters swimming in the pool, I cook for the whole family (Marina Pavlovna)

**I consider that my victory is…**

That I became a “Vigor” member (Yuri)

My willpower, my knowledge gained in the speech workshop where I was learning to speak, and the opportunity to support other participants (Nikolay)

Independence in everyday life (cooking, cleaning the apartment) (Tatyana)

All the above-mentioned skills. Hurrah! (Vera)

New friends (Ljuba)

An improvement in my health (Anna)

Regular “Vigor” games (Natasha Zh.)

That I come to “Vigor”, participate in all events, and discipline (Andrey Kutkin)

To be here now. This is also a great merit of “Vigor” (Alexander Vertinsky)

Helping other people (Stanislav)

A good relationship with my husband (Natasha D.)

Remembering of Pin-cod (Irina Ilyina) [ what is Pin-cod?]

That “Vigor” is developing and living, and I don't feel disabled (Marina Pavlovna)

**Achievements of “Vigor”**

**I believe that thanks to “Vigor”, it has become possible to …**

Expand my social circle, attend concerts, theatres, exhibitions and creative workshops.

Tidy yourself up before leaving home, communicate with new people, improve knowledge, speak Russian better, and get information.

Attend classes in “Vigor”, study.

Come to communicate and enjoy.

Get information, communication, and development.

Look at people's thoughtful conclusions.

Have an interest in attending club meetings in “Vigor”.

Live fully.

Recover.

Believe in yourself.

Recover as an individual, my life rhythm has not changed, even more active, which helps my recovery.

Participate in speech workshop, go to exhibitions, concerts, and help me live.

Go to all the workshops that give you the strength to live on and no wallowing, and I also became kinder.

**If it wasn't for “Vigor”…**

There would be no success in overcoming the disease, life would be boring.

I would stay at home and not go out. There would be no communication and so many friends, I would not become an example for my great-grandson (“Grandma, do you get “two” for behaviour?”).

I would be sitting at home, looking out of the window, and I wouldn't have made any progress in recovery.

I'd be at home.

I'd be suffering from idleness and doing stupid things.

A lot of unnecessary time would be wasted.

I'd be at home.

I would have gone to the countryside.

I would be doing self-examination.

I'd be living like a weed. Because “Vigor” is almost like a second family. I am always happy to see everyone, I often think about everyone. Thanks to “Vigor”!

I would give up, engage in self-examination, become mentally disabled, and feel unnecessary for others.

I would feel slighted.

I wouldn't be able to read. “Vigor” helps my mother and me in life. I wouldn't be here otherwise.