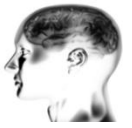


The USC Aphasia Newsletter



Winter 2011
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Research Update from Dr. Julius Fridriksson!

Dear friends,

I want to start by thanking all of you who came to our luncheon and viewing of the movie *Aphasia* this past October. Since then, *Aphasia* has been shown at several film festivals throughout this country as well as in Europe. It is my hope that it will soon be shown to the general public. I think that *Aphasia* is the first film to really capture the essence of what the loss of communication ability means at the personal level for both the stroke survivor and family members. Hopefully, it will raise awareness of aphasia and increase public understanding of the need for further research to improve aphasia recovery.

During this spring, I will be serving as a member of a working group tasked with designing a five-year strategic plan for the National Institute on Deafness and Other Communication Disorders (NIDCD). The NIDCD is a part of the National Institutes of Health and funds much of the research on aphasia in the United States. My plan is to push for increased funding for rehabilitation of aphasia.

It always seems remarkable to me that stroke is the number one cause of adult disability in this country, yet we put so few resources into tackling aphasia, one of the most common impairments associated with stroke. The only way for rehabilitation techniques to improve is through research.

As you know, most of our work in the Aphasia Lab at U.S.C. is focused on improving aphasia rehabilitation. This work does not occur without your participation. I cannot express enough how much I appreciate all of you who have contributed your time and effort as participants in our previous studies. We have several new treatment studies that will be starting this year. These studies will include things such as a new computer-based treatment program, a treatment that uses a portable electronic device (iPod), and low current electrical brain stimulation to improve recovery. As before, we will be asking many of you to participate in these studies.

Best wishes,
Julius Fridriksson

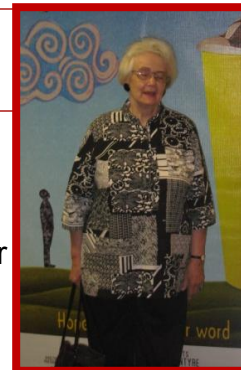
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Aphasia Card

Below we have attached an Aphasia Card. This card will enable each person with aphasia to communicate that they have aphasia, so that daily social interactions will be less stressful and more productive.

How to Beat Aphasia by Joanne Emerson



Ms. Joanne Emerson had a stroke 5 years ago. She worked as a teacher then as a nonprofit administrator. After her stroke, Ms. Emerson was able to return to work in the nonprofit field. Now, she has retired. She shares words of wisdom that everyone can use, whether they have aphasia or not. Below we have posted the first half of our interview with her.

Isabel: Since your stroke, what have you been doing to get better?

Ms. Emerson: Every day now I am spending about an hour on my reading and I got back to where I am subscribing to the newspaper again. I read the headlines first. I read the big print. Then I read the small print. Then I read articles. And I go through. But it's slow. It's very slow. But it's happening. In other words, I couldn't do this years ago. So it's an extraordinarily slow process and a lot of people just give up. They're not encouraged to do it either because no one has the time to work with us. So I've done it on my own. A majority of people are depressed anyway. That's one thing that comes with most of this. So then they don't fight to get the resources that they need. But I love to read, just love it. And I want to have that back. I am 72, and I have had a stroke. I've gotten over that, taking my medication. I may live to be 90, who knows? **But I am optimistic. But you've got to take a positive view on it and not give up.** And that is your biggest problem today. People give up on us, we give up. People need resources to deal with depression, getting isolated, and withdrawal.

Isabel: What kept you going? What was your number one motivation to keep going?

Ms. Emerson: I was stubborn. **My stubbornness became an attribute when I had this stroke. Really, I won't give up, and really that's a huge plus.** I worked in a helping agency, and I was very lucky. I had worked with people who had had strokes. I was familiar with processes and who to get hold of. And I realized there's not a whole lot out there either. I talked to people. Friends gave me ideas, and would share whatever they knew. They would tell me 'so-and-so has worked with this, give him a call'. There wasn't a whole bunch of information out there, but I called up people I knew. That's one thing that I did. About 6 weeks after I had the stroke, my daughter had to go home. I did about 2 weeks on my own, and I was about ready to kill myself. It was just awful. Then I thought, "to heck with this stuff". So what I did was put together a list of about 20 people that I had worked with. I made a list of these 20 people and I called them and asked them if they would be willing to help me. Every one of them said sure they would. I would call people on my list and I practiced.

Isabel: You practiced talking?

Ms. Emerson: You're darn right. Talking to people, the whole thing. Some of them had more time than others, but **it was that contact with people outside of myself. It was wonderful that helped enormously. Just talking to somebody else. It lifted my spirits.** I was fighting depression, but that helped so much. I had been working with people for a long time, and I heard from them when I had the stroke. And so I went to these people who did contact me, who wrote me these wonderful notes. All of that was what kept me going. So these were the folks that made my list. Anyway, that is how I made it. Some of these people started calling me regularly. But I was just honest with them. I needed to be in contact. I needed to talk to people; that was going to help me get well.

Isabel: So, you had a really great support system?

Ms. Emerson: I had a WONDERFUL support system.

Part Two will be posted in an upcoming newsletter.



Caregiver's Bill of Rights

The following was developed by the American Stroke Foundation.

Caregivers

I have the right....

1. To take care of myself. This is not an act of selfishness. It will give me the capacity to take better care of my relative.
2. To seek help from others even though my relative may object. I recognize the limits of my endurance and strength.
3. To maintain facets of my own life that do not include the person I care for, just as I would if he or she were healthy. I know that I do everything that I reasonably can for this person, and I have the right to do some things just for myself.
4. To get angry, be depressed and express other difficult feelings occasionally.
5. To reject any attempt by my relative (either conscious or unconscious) to manipulate me through guilt, anger or depression.

I have the right...

6. To receive consideration, affection, forgiveness and acceptance for what I do from my loved one for as long as I offer these qualities in return.
7. To take pride in what I am accomplishing and to applaud the courage it has sometimes taken to meet the needs of my relative.
8. To protect my individuality and my right to make a life for myself that will sustain me in the time when my relative no longer needs my full-time help.
9. To expect and demand that as new strides are made in finding resources to aid physically and mentally impaired persons in our country, similar strides will be made toward aiding and supporting caregivers.
10. To _____.
(Make up a few of your own).



Community Events

\$1 Sundays at South Carolina State Museum

January 02, 2011 - March 01, 2015

Address: 301 Gervais Street, Columbia, SC 29201 Phone: 803-898-4921



First Thursdays on Downtown Main Street

January 06, 2011 - August 04, 2011 Time: 6-9PM

Businesses stay open late for a mix of specials, events, entertainment and more!

South Carolina Gamecocks vs. Clemson Tigers Baseball Game

March 4, 2011 at 7:00pm

Carolina Baseball Stadium, Blossom St., Columbia, SC 29205 Phone: 803-777-4274

"The Color Purple: The Musical about Love" at the Koger Center for the Arts

March 29, 2011 - March 30, 2011

Address: 1051 Greene Street, Columbia, SC 29201 Phone: 803-251-2222




Puzzle Page



Winter Word Ladders

Change one letter of each word as you go down the ladder.

1. KNOT		1. SON	
2. KNOB	You turn this to open a door	2. _____ 2,000 pounds	
3. _____	Someone who is stuck up	3. _____ A shade of brown	
4. _____	Rain becomes this when its very cold	4. _____ The opposite of woman	



Now put the two final words together to name a favorite winter pal: _____






Puzzles & Games



Winter Word Scrambles

Unscramble each winter word using the clues.



1. SELD	_____	You ride this down a snowy hill	
2. TOH CHCOATOLE	_____	You drink this to stay warm	
3. GVELO	_____	You wear these on your hands	
4. CLEICI	_____	Frozen ice that hangs down	
5. CLDO	_____	The opposite of hot	
6. SARCF	_____	You wear this to keep your neck warm	
7. NSKIIG	_____	A winter sport	
8. GRUNDO OHG	_____	February 2 nd is named after this animal	

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