



Message from Dr. Julius Fridriksson!

Dear Friends,

The Aphasia Lab at USC continues our quest to improve aphasia treatment using all methods available to us. Your help is instrumental in getting this research going and maintaining its course. Our latest treatment endeavor involves the use of an iPod as a training device to improve speech. So far, 8 people have completed a 6-week treatment regimen and 4 more are scheduled to be included. One of the most exciting findings from this research relates to an almost instant improvement in speaking when people with aphasia use a speech model presented on the iPod. We are excited by the potential of this treatment, but much work needs to be done before we can determine for whom this is appropriate and how this works best to benefit as many people as possible. Also, we are looking for evidence that may show improved speech in the absence of the iPod once the training is over. The iPod application we are using was developed by Darlene Williamson, director of the Stroke Comeback Center in Vienna, VA. For more information on this technology, go to: <http://www.speakinmotion.com/>. For all who have helped with

this research, we are thankful and hope that the research inclusion has helped you improve your speech.

Many of you have likely been following news about the recovery of Congresswoman Giffords, who was attacked and shot while meeting with her constituents in Tucson, AZ. The brain damage that Mrs. Giffords suffered as a result of a gunshot to the left hemisphere of the brain is not that much different than what might be expected in stroke. It seems that she is making positive gains, but probably has a long way to reaching maximum possible recovery. As we wish Mrs. Giffords and her family the best, we also hope that this event may bring greater attention to the effect of brain damage on everyday function and its effect on individuals and families. Only through greater resources for innovative research will we be able to improve aphasia recovery.

As we enjoy the mild Spring weather that we have been having here in South Carolina, I wish you a nice and cool summer and hope to see all of you again, soon.

Sincerely, *Julius Fridriksson*



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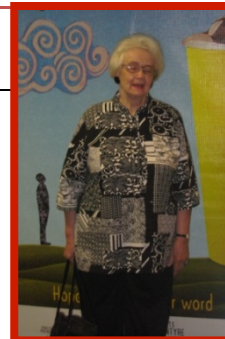
Warning Signs of Stroke

KNOW THE WARNING SIGNS OF STROKE:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

If you experience some or all of these warning signs, don't wait. Call 9-1-1 right away.

How to Beat Aphasia by Joanne Emerson Part 2



Isabel: You have a real thirst for knowledge and drive to learn.

Ms. Emerson: Extremely so. I am a compulsive reader. And you see, that is what has been such a loss for me after I had the stroke.

Isabel: Do you think it was your stubbornness and your desire to learn and improve yourself that kept you going?

Ms. Emerson: Absolutely. These are the things I would tell anybody who is dealing with this. You've had a stroke. You don't give up. Find people who will be supportive of what you're trying to do. Create a support system for yourself. That is what I had to do. It's hard; it's very hard to do this. But that was one of the biggest things that helped me keep going.

Isabel: Why do you participate in research and how do you think it has been beneficial for you?

Ms. Emerson: It's been wonderful for me. What I did was call and volunteer. I am here if you need a guinea pig for anything. I said I am here. I would love to do this because this helps me because then I learn. I am here and use me in any way that you can. And that's what's happened - I have done this for about 3 years. It has brought me so much information. It keeps me up with what the research is doing. I ask questions. All of this helps to build my spirits to know what's going on. And there's stuff being done. I don't have to sit here like a mushroom and just have to take it. In other words, there's a lot happening that is making a difference. This gives me a lot of hope as to how much more I can do. I still hope to get back to where I was. If I could be able to read again, that would be the best. I can read now but very slowly and very laboriously. And so if I could get back to where I can read again I would be thrilled to death. I see the difference with how I progressed. It's been amazing. What I've come from and where I am now. I am just a slow reader now. It's taken 5 years for me to get to this point and I figured 2 more years. I am optimistic. We'll just have to see.

Isabel: Working on your recovery, have you learned anything about yourself?

Ms. Emerson: I have learned to pace myself and make sure I get plenty of rest. If I do this, I don't have any trouble. But if I go too long then I am going to have to rest up for 2 or 3 days. So that's knowing the condition that you're in and what you need to do to take care of yourself. And its different needs than I had before. It happened. I've got a picture of my brain that I got printed out. You know, that they did during the check. And there it is. There's a black spot where the stroke was. And its down lower, and I can see this black mass. And its dead tissue now, but when I can see it, it helps me cope with it by being able to visualize what happened to me. Give it to people, if they want it, some people don't want to see it. But like me, I couldn't wait. I wanted to see the thing. I can see and I've got it. And there it is. There's where it happened. That's what it did and, you know, for me it was wonderful to have it. Other people might not feel the same way. That was a big help. I think the big thing is to not let them get themselves isolated. That is so important because then the depression sets in and you give up. But you need somebody to talk to. Even if there's one person you can talk to that keeps the depression at bay. Withdrawal is a normal reaction to this. At least that's what I found. You want to hide. It is so awful. It is embarrassing. People don't want anyone to know how stupid they feel. And they're not. I mean, it happened. You had a darn stroke. It wasn't anything you did. And people are very defensive about this, which is a terrible reaction to getting better. That seems to be going on a lot. They hide it.

Isabel: What are your plans for the future?

Ms. Emerson: As soon as I get my act together, I am going to go out and make some trouble. This is what I'd like to do. I'd love to make some trouble. No, that's what I use to do that is what I did I ran around. My agency was asking questions and trying to do things and answering to needs. And that is what I did and that's what I want to do again.

Jackie Kelly's Banana Crunch Muffins



Ingredients:

- 3 cups all-purpose flour
- 2 cups sugar
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 pound unsalted butter
(melted and cooled)
- 2 extra-large eggs
- 3/4 cup whole milk
- 2 teaspoons pure vanilla extract
- 1 cup mashed ripe bananas
(1 banana)
- 1 cup medium-diced ripe bananas
(2 bananas)
- 1 cup small-diced walnuts
- 1 cup granola
- 1 cup sweetened shredded coconut



Directions:

1. Preheat oven to 350° F.
2. Line 18 large muffin cups with paper liners.
3. Sift the flour, sugar, baking powder, baking soda, and salt into the bowl of an electric mixer that is fitted with a paddle attachment.
4. Add the melted butter and blend.
5. Combine the eggs, milk, vanilla, and mashed bananas. Add them to the flour and butter mixture.
6. Scrape the bowl and blend well. Don't over-mix.
7. Fold the diced bananas, walnuts, granola, and coconut into the batter.
8. Spoon the batter into the paper liners, filling each one to the top.
9. Bake for 25-30 minutes or until the tops are brown and a toothpick comes out clean.
10. Cool slightly, remove from the oven and serve.

Contributed by: June Boiter



A Caregiver's Advocacy Armor

- Get yourself appointed your loved-one's Patient Advocate (PA). Your state legislator, local library or hospital should have a form you can give to your loved-one to complete. Once you are an official PA, you are entitled to review the medical chart of your loved one in any health care facility.
- If you are the Patient Advocate, do not let a healthcare facility intimidate you when you ask to look at the chart. The Privacy Act--HIPAA—might be thrown at you. You might be told that the attending physician must sit down with you to go through the chart or some other tactic. Cut through the tape. Ask for the hospital legal department.
- Always get a second opinion on major decisions. Preferably, go to a physician in another health-care network.
- Be bold and ask every question you can think of with the doctor. Following up on things that do not make sense to you will invariably uncover more and important information.
- Ask the tough questions when reviewing potential homecare agencies. Do you allow certain criminal histories through the application process? Which crimes? Do you fingerprint your employees? Have any of your employees ever stolen from a client?
- Never let a hospital pressure you to take your loved-one home. If Medicare is paying the hospital bill, you can fight the discharge by calling the Peer Review Organization listed on your admission packet information.
- Visit your loved-one DAILY.
- Recruit help!!! You cannot, I repeat, you cannot do everything all the time that you would like to do to be the perfect caregiver. You need to recruit help to take care of some of the day-to-day things that can easily be handled by another.
- Consult with a professional. While many of us cannot afford continued input from a professional, most of us can afford a one-hour consult from a Geriatric Care Manager or an Elder Law Attorney.
- Treat Yourself.

-Sue E. Fabian Archived Articles <http://www.justasktalkshow.org>

Things to do this Spring and Summer!



Theatre and the Arts:

- “Hairspray” at the Workshop Theatre (1136 Bull St, Columbia, SC) from May 22 - June 4. Call (803) 799-4876 or Email info@workshoptheatre.com
- “Chitty Chitty Bang Bang” at the Town Theatre (1012 Sumter St, Columbia, SC) from July 8-July 23. Call (803) 799-2510 or Email town@towntheatre.com

Live Music events:

- Rhythm and Blooms at Riverbanks Zoo and Garden (500 Wildlife Parkway, Columbia, SC) Live entertainment and local artists in the Botanical Gardens! May 5, May 12, May 19, and May 26 at 6pm. Call (803) 779 8717.



- Vista after Five Spring Concert Series at Jillian’s (800 Gervais Street, Columbia, SC) May 5, May 12, May 19, May 26, June 2, June 9, June 16, and June 23 at 5pm Free Admission! Website below lists bands and dates:

<http://www.columbiacvb.com/includes/events/index.cfm?action=displayDetail&eventid=8062>



Sporting Events:

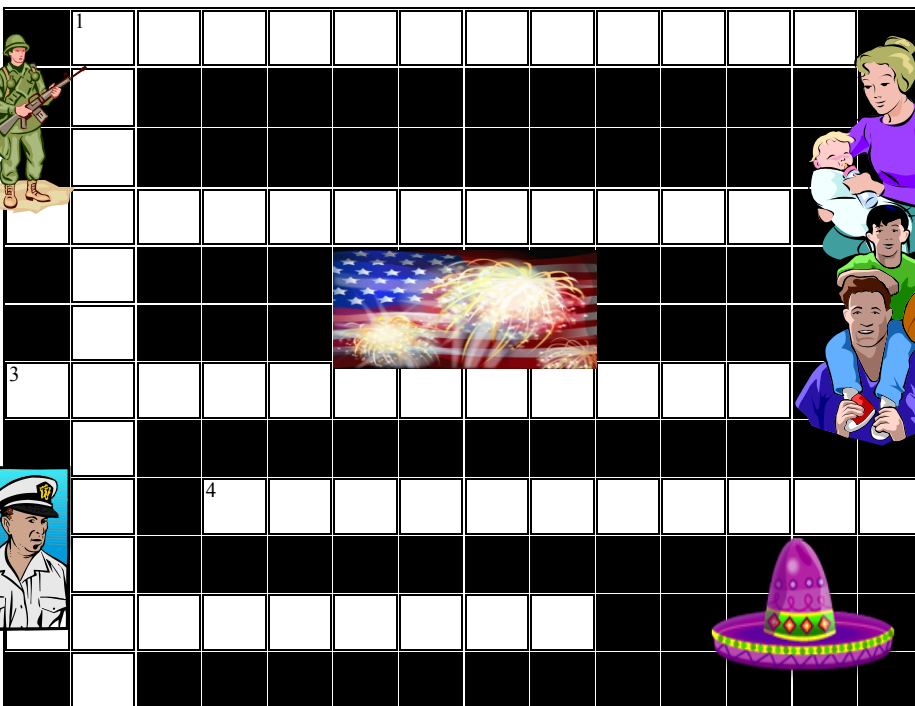
- Gamecock Baseball Series against the Arkansas Razorbacks (Carolina Baseball Stadium, Blossom St., Columbia, SC 29205) May 13-15, 2011. Call: (803) 777-4274 for more information.
- Columbia Blowfish Baseball game against Florence and Fireworks! (301 South Assembly Street, Columbia, SC 29201). Monday, July 4th at 7:05pm. Call: (803) 254-4482 for more information.

Community



Holiday Crossword Puzzle

Fill out the following Crossword puzzle about spring and summer holidays.



ACROSS

1. Celebration of women who have children
2. Celebration of the United States’ independence
3. Celebration of men who have children
4. Popular Mexican holiday
5. This holiday marks the end of summer

DOWN

1. Celebration of our armed forces

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