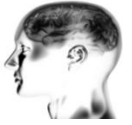


The USC Aphasia Newsletter



Summer 2010
Volume 1, Issue 2



A Message from Dr. Julius Fridriksson!

Dear All,

Summer is here and the warm weather is upon us. During the summer, the University of South Carolina greatly decreases its teaching load and far fewer students remain on campus. Even though the pace at USC slows down, we at the Aphasia Lab continue our efforts in understanding aphasia recovery. We have just completed a second study using low current electrical stimulation to improve language processing in persons with aphasia. So far, the results look promising! Many of you participated in this study; for that, we are very grateful and appreciate your collaboration with us to improve the communication abilities in persons who have had a stroke. We have also completed additional, related studies and would like to share these results with you when we get together sometime in the fall.

Recently, a bill was introduced to congress attempting to designate June 2010 as National Aphasia Awareness Month. The purpose of the bill is to raise awareness of aphasia and, hopefully, grant greater resources to understand aphasia. Unfortunately, most people do not understand aphasia and its effect on stroke survivors and their loved ones. It is my hope that a National Aphasia Awareness Month will promote understanding of aphasia among the general public as well as those who are in charge of allocating funding for research. This bill is currently under review. If you are interested in reading the bill, go to <http://www.opencongress.org/bill/111-sr512/text>.

Our next newsletter is slated to come out this fall; if you are interested in contributing, please let us know. Hope you keep cool this summer!

Julius Fridriksson

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Aphasia: What are the Facts?



FICTION:

All cases of aphasia are alike.



FACT:

There are many types of aphasia. Some people have difficulty speaking while others may struggle to follow a conversation. In some people, aphasia is fairly mild and you might not notice it right away. In other cases, it can be very severe, affecting speaking, writing, reading, and listening. While symptoms can vary greatly, what all people with aphasia have in common are difficulties in communicating.



FICTION:

Younger individuals cannot acquire aphasia.



FACT:

While aphasia is most common among older people, it can occur in people of all ages, races, nationalities and gender.



- The National Aphasia Association

Janalyn Senn's Baking Powder Biscuit Recipe

Ingredients:

- 1 cup sifted flour
- 1/4 teaspoon salt
- 1 ½ teaspoon baking powder
- 2 tablespoons shortening
- 1/3 cup milk

We would love to include your contributions as a person with aphasia, family member, or friend. It could be anything from a poem, recipe, personal story, or strategy that you have found helpful while living with aphasia. Please contact Julie Baker at 843-792-6401 or at bakerjm6@mailbox.sc.edu to express your interest in contributing to the newsletter.

Directions:

- 1) Sift flour with salt and baking powder
- 2) Cut in shortening with 2 knives or pastry blender until mixture looks like coarse meal
- 3) Add milk all at once and mix lightly with fork
- 4) Place on floured canvas and knead lightly for 1-minute
- 5) Pat out dough until it is ½ inch thick
- 6) Cut with floured biscuit cutter
- 7) Place on baking sheet and bake at 450° F for 12-15 minutes



Makes
6 Biscuits

***For Buttermilk Biscuits:** Use only 1 teaspoon baking powder and add 1/8 teaspoon baking soda. Use buttermilk instead of milk.

***For Cheese Biscuits:** Use only 1 ½ tablespoons of shortening and cut in ¼ cup of shredded cheddar cheese.

Gardening with Agnes Streeter

Below are pictures from Agnes' vegetable garden. She has been gardening for over 30-years! Spending time on her plants has always provided a way for Agnes to relax from the stresses of daily life; she especially enjoyed tending her garden following an exhausting day at work. Agnes takes the most pleasure in watching the plants grow. Her favorite plants are her tomatoes, which she uses to make great sandwiches. Additional plants that Agnes grows include: beans, lettuce, onions, and bell peppers.



Community Contributions

Gardening: A Stress Reliever

Planting a garden can be a great way to relive stress whether you have a small patio to decorate or a large amount of space to tend. Here's why:



Sunlight: Did you know that just getting out in the sunlight can actually improve your mood? Also, sunlight provides vitamin D, so getting outdoors to work with on garden is a great excuse to get more of this good stuff! Just remember the sunscreen!



Getting In Touch With Nature: Being in touch with nature and the great outdoors can help you feel more removed from the stressors of daily life. With the amount of time we spend indoors, many people feel an urge to connect with nature. Do you?



Creating Beauty: The beauty of nature is a great stress reliever in itself. Just think of how many times relaxation has been connected with pictures of stunning landscapes or recordings of nature's sounds. Having your own bit of beauty available as a place for thought and relaxation can provide quite a bit of relief from stress.

Tips for Going to the Doctor



- 1) Take a list of questions: *Don't rely on your memory!*
- 2) Don't apologize for your questions or concerns. If you have a concern--**ASK!**
 - No question is "stupid"
- 3) Don't apologize for having a difficult time communicating your questions or concerns:
 - Your doctor is aware that you had a stroke and should have the patience to allow you enough time to communicate your thoughts.
- 4) Always take a list of all medications, including the dose and time it is administered, especially if you are seeing a new or specialty doctor.
- 5) Take notes so that you will have a written reminder of any instructions that are given.
 - Special hint: Bring an audio recorder if writing is difficult for you.
- 6) Your pharmacist is an excellent source for information regarding possible side effects or medication interaction problems.



If you have a special tip that you'd like to share, please let us know!

USC Stroke Recovery Groups

The USC Stroke Recovery Groups are for people who have difficulty communicating as a result of stroke, which is referred to as aphasia. The following are some of the symptoms that people with aphasia may have:

1. Difficulty coming up with the right words to say
2. Difficulty understanding the speech of others
3. Difficulty reading and writing



Benefits:

Group members receive speech and language therapy to improve their communication with their family members, friends, and caregivers. This is accomplished by working on communication in a group setting with other individuals who have similar difficulties. All sessions are supervised by a certified speech-language pathologist. The groups also provide an opportunity to interact with and receive support from other persons who have aphasia.

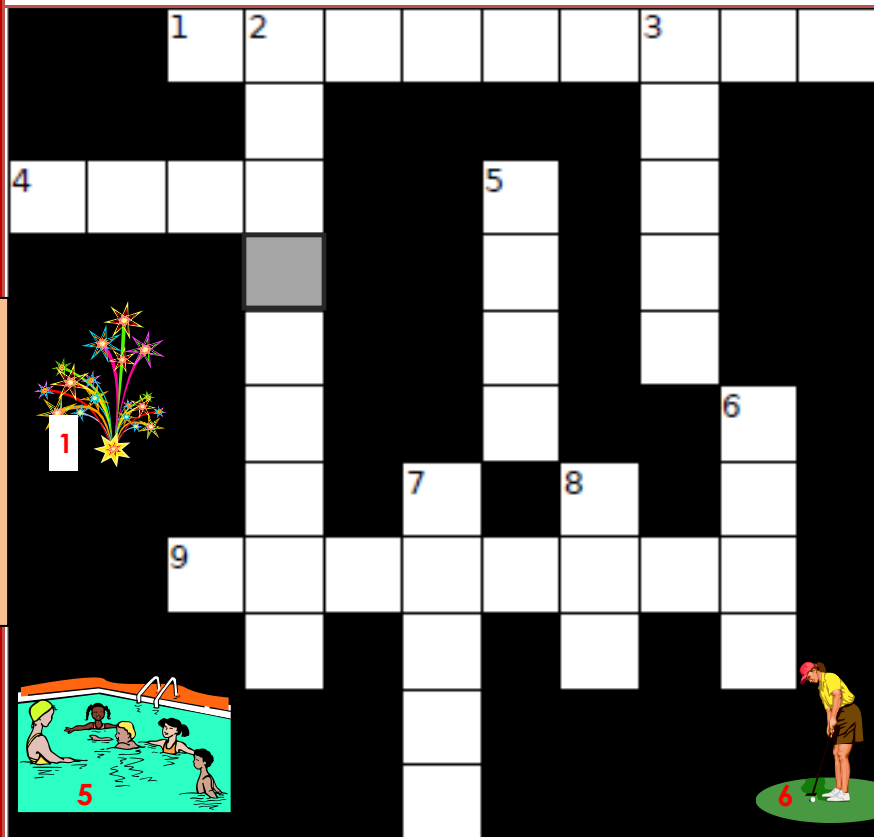
The USC Stroke Recovery Groups are completely FREE for persons with aphasia!

How to join:

If you, a family member, or a friend would like to participate in a Stroke Recovery Group, or if you want to find out more information, please call the USC Speech and Hearing Center at (803) 777-2614 or go to www.uscstrokegroups.org. The Center is located at 1601 St. Julian Place Columbia, SC 29204.

Community Events

Summertime Crossword Puzzle



Across

1. What you see in the sky on July 4th
4. Father's Day is in this month
9. A sport with 9 innings and a bat

Down

2. A cold dessert
3. Flowers with thorns
5. Where to cool off and go swimming
6. A sport with 18 holes
7. A summer vacation spot with sand
8. Memorial Day is in this month



Puzzle