Aphasia in the News

National Aphasia Awareness Month

Mayo Clinic Aphasia Camp, Sept 13 - 15

The Mayo Clinic Health System has announced its **10th Annual Aphasia Camp**, to be held at the YMCA Camp Manitou, in New Auburn, Wisconsin, on Sept 13 thru Sept 15.

The mission of Aphasia Camp is to offer people with aphasia and their significant others activities and resources to increase social interaction and facilitate communication success.

**Location**

YMCA Camp Manitou is located on 120 acres along the shores of Lower Long Lake in New Auburn, Wis., about 50 miles north of Eau Claire.

In this edition

[Aphasia in the News](#)

[Christine's Corner](#)

[Upcoming ATB presentations](#)

[News about ATB and Aphasia Sight Reader](#)

[Free Aphasia Sight Reader Protocol - Conjugation](#)

[Meet Hannah Gibbon](#)

---

**May 22, 2013**

**Dear William,**

This is Sharon Rennhack, the chief editor for the aphasiatoolbox newsletter.

**JUNE is National Aphasia Awareness Month.**

This month we are introducing our contributing feature writer, Christine Huggins, a young stroke survivor with aphasia. She will cover technology and social media.

Christine videotapes her segment, starting with this inaugural column.

In "Christine's Corner", Christine covers Pinterest and why it is of help to people with aphasia.

Christine, along with Aphasia Recovery Connection co-founder David Dow, have done much to encourage aphasia awareness yet there is still so much to do. Yet, we are encouraged when we see young people like Hannah Gibbon, who is gearing up to tackle aphasia and aphasia recovery.

**Did you try our free protocol?**

Last month we offered a free Aphasia Sight Reader protocol. This was so well received that we decided to do this again for the May newsletter. Look for the Conjugation protocol.

**We had a production error in the April Newsletter.**

We had an error concerning the number of treatment modules and exercises offered by Aphasia Toolbox. We offer 10+ modules, 70+ plus protocols, and 1,000+ exercises; the newest
Tuition includes all program materials, activities, meals and overnight accommodations for two nights and three days. Cost is $150 a person with aphasia and $100 a caregiver/family member. The cost to participate for a day is $75 a person.

"We didn't set out to create something unique," said Mary Beth Clark, a speech pathologist at Mayo Clinic Health System who was one of the camp’s original organizers. "We just saw a real need among our patients and their families for a social, yet therapeutic, outlet such as this, so a bunch of us got together and said, 'Let's do this.'"

The camp runs largely on clinicians, instructors and community members volunteering their time, as well as local businesses donating goods and services.

Campers can choose to participate in activities, such as fishing, boating, golfing, biking, computer technology, arts and crafts, cooking and games. Medical support and counseling is provided by Mayo Clinic Health System speech pathologists, physical therapists, occupational therapists, massage therapists, chaplains and registered nurses.

For more information about Aphasia Camp, please contact:

Mary Beth Clark, Speech Pathologist
Mayo Clinic Health System Rehab Services
715-838-1725
clark.marybeth1@mayo.edu

Online registration is available at mayoclinichealthsystem.org

New logo - Aphasia Recovery Connection

The Aphasia Recovery Connection just revealed its new logo. The designer of the logo is Trudie Mellow.

Sincerely,
Sharon Rennhack
Chief Editor
Aphasiatoolbox

Christine's Corner

What is Pinterest by Christine Huggins

Upcoming aphasiatoolbox presentations

Bill Connors will be presenting:

Aphasia-Apraxia Therapy: Exploiting Neuroplasticity, at these locations:

July 2013, Long Beach, CA
August 18, 2013, Berkeley, CA

These presentations will include aphasiatoolbox clients and staff members. For more information, please see our EVENTS page; if you are interested in sponsoring a workshop in your area, contact Bill Connors at Bill@aphasiatoolbox.com or 724-494-2534.

News about ATB and ASR

> CEU Home Courses - Coming in June!

We want to remind you that Bill Connor’s on-site workshops entitled "Aphasia-Apraxia Therapy: Exploiting Neural Plasticity" will SOON be available in streaming video, at: https://www.homeceuconnection.com/.
My Happy Stroke - Notes about stroke recovery and aphasia

This blog is written by Grace Carpenter who had a stroke on Feb 2 2010 at the age of 45. In this post, she discusses how she named her blog "My Happy Stroke."

My family was relieved to see that my personality didn't seem to be affected. But after a while, a few people told me that they did see a subtle change: I seemed to be a little bit happier.

I wasn't aware of a change, but when my sister brought up my overall mood a few weeks after I left the hospital, I knew that she was right: how else could I have suffered terrible losses, but not feel despondent every day? I was never known for my sunny outlook before the stroke.

In retrospect, may be "happy" isn't the right word. But I think there was an immediacy of my emotions-good and bad-that I hadn't felt since childhood. I did feel profound sadness sometimes, but at other times, profound peace. My analytical self was on vacation.

http://www.myhappystroke.com/p/blog-page.html

Whole Person Recovery

Aphasia Toolbox espouses whole person recovery for people with aphasia. SLP Stephanie Bruno-Dowling does also for her clients. In her blog on May 14, 2013 she wrote about "Mindfulness: What It is and How to Achieve It".

Note: We have included an excerpt from Stephanie's blog along with with related thinking from Aphasia Toolbox (shown in Italics).

Last week, I shared the life-changing information I learned at a seminar entitled "7 Mindfulness Habits of the Highly Effective Brain" given by Jonathan Jordan, MSW LCSW, a well-traveled social worker and master life coach. My post talked about the definitions of "mindfulness" and lists the actual 7 habits that Mr. Jordan recommends in order to achieve this level of existence.

Here are the Habits listed again with some additional information to help you attain each one:

Habit #1 Have a Nutritious Diet
"Eat colorful fruits and vegetables, Omega 3 fatty acids and natural Vitamins E, C, B and folic acid. Avoid refined carbohydrates and saturated fats".

Aphasia Toolbox Glossary

We have updated terms in our Glossary of Technical Terms:

Agrammatism:
the omission of or difficulty in producing linguistic units by people with aphasia when they speak or write. PWA who experience agrammaticism often have problems using small yet important words such as: pronouns (you; him; our); propositions (in; down, below); helping verbs (should; can); conjunctions (but, while, during); and verbs (is; walk; think), as well as parts of whole words (-ing, -ly, -er, -ier, -est, -ed) and irregular changes (run>ran, understand>understood).

Alexia:
acquired difficulty reading printed language. AphasiaToolBox treats alexia initially with the Keyboarding and Flash Spelling treatment modules and then moves into Propositional Reading activities; this refers to normal, adult sight reading. The AphasiaPhonics treatment module provides additional recovery tools.

Aphasia:
an acquired communication problem that is most often caused by a stroke. Aphasia affects a person's ability to use and understand language to varying degrees across some or all modalities of language (reading, writing, talking, listening). Aphasia is different for each person. Attention to the cognitive skills that support speech and language are essential to maximize aphasia recovery. The key to effective aphasia treatment and recovery is taking advantage of neuroplasticity.

Telepractice:
referred to as telerehabilitation, may be defined is the provision of treatment services at a distance. Rather than being a substitute for face-to-face sessions, telepractice is a new, proven system for providing aphasia treatment to PWA all over the world. It is critical to not only use tools and activities designed to exploit neuroplasticity, but to also that take advantage of technology when using telepractice.

New Exercises in Aphasia Sight Reader

Dr. Mary Boyle, in her clinical research program titled Semantic Feature Analysis, demonstrated that stimulating diverse semantic features in aphasia treatment can help to improve word recall of both, "...treated" and "...untreated nouns." The following 20 exercises on the Aphasia Sight Reader program can help the aphasia SLP and people with aphasia take extra advantage of this useful, evidence-based treatment protocol.

Module: Semantic Cognition

Exercises: Semantic Networking
Habit #2 Focus Sequentially
"We can do simple tasks like walking and talking at the same time, but when it comes to true multitasking, your brain just can't do it". Instead, "focus on one task at a time, complete it, then focus on the next task and repeat the process" Here at aphasiatoolbox.com we call that, "Task focus > task shift."

Habit #3 Be Physically Active
Studies show that 20-30 minutes of moderate exercise, like walking, 3x a week is all you need to confer a wealth of benefits to your brain.

Habit #4 Participate Socially
Staying socially active throughout life can help to maintain normal brain function and put off the onset of dementia." The aphasiatoolbox Communication Cafes and online treatment groups help our clients to engage others around the world and to actively participate in social interaction.

Habit #5 Sleep Well
"Sleep deprived people do not have the speed of creative abilities to cope with making quick but logical decisions, nor do they have the ability to implement them well." Because the typical aphasiatoolbox client practices >2 hours a day, refreshing sleep is very important.

Habit #6 Challenge Yourself Mentally
"When you learn new things or even think new thoughts your brain restructures itself. The more you exercise your brain, the better it performs. Brain imaging scans actually show proof of this; your brain physically changes once you begin learning and doing new things. Learning new skills and knowledge is a key element in the Brain Compatible Aphasia Treatment program.

Habit #7 Have a Positive Attitude
"Attitude Changes Everything, Including Your Brain". So, "surround yourself with positive people who help you reinforce this attitude."

About Stephanie Bruno-Dowling
Stephanie Bruno Dowling, MS, CCC-SLP is a Speech Therapist currently working in Early Intervention in Delaware County, PA.

For Stephanie's full article, please see:
Mindfulness: What it is and How to Achieve it

For information on the Aphasia Toolbox Whole Person Recovery and Brain Compatible Aphasia Treatment programs, contact Bill Connor at 724-494-2534.

May is National Stroke Awareness Month

Conjugation

Last month we offered a free Aphasia Sight Reader protocol. This was so well received that we decided to offer this again. The May newsletter includes the Conjugation protocol.

We speak and think in sentences. The Conjugation Treatment Module helps to reconnect the ability of the person recovering from aphasia to self-generate spoken sentences that are syntactic, morphologically, and semantically accurate. Helping with speech initiation, conjugation uses hundreds of independently initiated neural lows that exploit neuroplasticity and facilitate recovery. Neural flows are independently produced by the client. This is in contrast to repetitions, imitations, or closure tasks which require an external mental focus and dependency. Overuse of external focus on cues appears to inadvertently be a catalyst for learned helplessness and learned non-attention. This module focuses on syntactic-semantically based fluent verb recall and production by having the client work from his/her own memory.

Critical skills for conjugation:
use of pronouns to facilitate initiation and sentence flow fluent and divergent verb recall and production sentence level propositional speech overcoming aggramatism improvement in verbal working memory improvement in alternating attention skills ability to transform canonical sentences into question, compound and complex sentences

Conjugation Exercise

Meet Hannah Gibbon

The newest Aphasia Toolbox staffer is Hannah Gibbon. Hannah is an undergraduate at the University of Pittsburgh, studying Communication Science and Disorders. Upon her graduation in 2014, she plans to apply for graduate school.

Hannah's current responsibilities include office work, including the reorganization of all of the testing materials! She will also be assisting the aphasia cafes, and will be observing and assisting clients.

Her interest in the brain and brain development led her to want to work with people with aphasia. Hannah mentioned that she is also interested in taking the Aphasia Toolbox Practice Coach Program; this program is currently in development and will shortly be available to interested people, including people recovered from aphasia, people with aphasia and friends/family.

She describes herself as a "bookworm" since she is
Brain Recovery Crew

Bill Connors, the owner of Aphasia Toolbox, has been named to the Board of Directors of the Brain Recovery Crew. BRC is a young, non-profit located in the greater Pittsburgh area. Its mission is: To provide support and resources, encourage recovery, and improve quality of life post-brain injury.

Stay Connected

Join Our Mailing List!

The Aphasia Center of Innovative Treatment, Inc | bill@aphasiatoolbox.com | http://www.aphasiatoolbox.com
800 Vinial Street, B408
Pittsburgh, PA 15212

Copyright © 2012. All Rights Reserved.

Forward this email

This email was sent to bill@aphasiatoolbox.com by bill@aphasiatoolbox.com | Update Profile/Email Address | Instant removal with SafeUnsubscribe™ | Privacy Policy.

The Aphasia Center of Innovative Treatment, Inc | 800 Vinial Street, B408 | Pittsburgh | PA | 15212