



# The Intersection

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## This week at the Center:

May is Stroke Awareness Month. This week in groups we focused on understanding what a stroke is & its impact. We used pictures, models of the brain & videos to explain different types of stroke, the brain & had a discussion about the effect of stroke. This can be a hard topic to discuss. It's abstract, heavy and often people don't want to talk about it! I added just for fun ideas if this topic doesn't float your boat!

## What's right for you?

Finding a language task that is at the right difficulty level and is interesting is the key! Don't get bogged down in where the tasks you pick falls in the task order of complexity. The tasks listed first are the most complex progressing to less complex. You want practice that is engaging AND at a level that you get a language workout but not so frustrating that you give up! The Intersection is available to everyone at the Center so it covers a wide range of abilities. Pick what works for you today!!

## A word about the name:

The Intersection is where home meets the Center. So many wonder what happens behind closed doors or how do I help at home or are lost as to where to even begin. Check out the Intersection for ways to keep using your language at home and keep moving on your road to recovery.

## Member Portal:

These are now available on our website in the **Member Portal**. Try it out!

**Password:** survivor

## Listening and Reading:

- Get online and search for information related to stroke or aphasia that is important to you. Use the text to speech accessibility feature on many devices if you have trouble reading. Here is a link to a good blog if you need more information on accessibility features. <http://tactustherapy.com/ios-10-accessibility-features-aphasia/>
- Did you know we have resources listed on our website? Try out one of these and then have a discussion about what you learned or what you don't understand. <http://strokecomebackcenter.org/resources/helpful-websites/>
- Do you subscribe to StrokeSmart? It's free. They have some good articles AND I like the puzzles in the back of the magazine. <http://www.strokesmart.org/>
- Check out Nina's blog. I know her from years ago! Read it yourself or have someone read it to you! <http://mindpop.net/> or here's a great article from the Atlantic. It's serious and funny and speaks the truth! <https://www.theatlantic.com/health/archive/2012/09/w-hen-i-was-26-i-had-a-stroke-the-escape/260486/>
- YouTube is filled with videos on stroke and aphasia. I like this one on how to talk to someone with aphasia: [https://video.search.yahoo.com/yhs/search?hsimp=yhs=&att\\_001&hspart=att&p=youtube+aphasia+Laura#id=1&vid=9a7da4be600304d7f6258d10ad5977ff&action=view](https://video.search.yahoo.com/yhs/search?hsimp=yhs=&att_001&hspart=att&p=youtube+aphasia+Laura#id=1&vid=9a7da4be600304d7f6258d10ad5977ff&action=view)
- Have a partner write single words related to stroke and aphasia: Reading, Writing, Drawing, Talking, Numbers, Faces, Eating, Dressing etc. Identify the word they are saying; give thumbs up/down on how you think you do with that skill; put them in order of importance.
- Have a partner ask true / false questions such as: You had a stroke, You had a heart attack, You were at work when your stroke happened, Your stroke was in 2012, You have aphasia, You went to Good Samaritan Hospital, You had pureed food, You tried to climb out of bed by yourself, You liked hospital food.....

## Supported Conversation:

We all need help! Many members at the Center benefit from their conversational partner giving them some help. This means always encourage use of gestures, or use of a communication book, have paper nearby for writing or drawing, and give choices. When you don't understand, say so!

## Questions or suggestions:

This is a work in progress! Email me (Melissa) with questions or concerns. I am happy to help!  
[msr@strokecomebackcenter.org](mailto:msr@strokecomebackcenter.org)

## Talking and Writing:

- Many of the listening tasks above will also challenge your speech or writing. Watch the videos or read the articles above and have a conversation or write a summary. Do you agree? Can you relate?
- What celebrities have had a stroke or have aphasia? How many can you name?
- Do a word chain with stroke or aphasia related terms. Each word has to start with the last letter of the preceding word. For ex: Stroke, Exercise, Exam, Muscles, Speech, Health.....
- Do a stroke related word search:  
<http://craniumcrunches.com/blog/wednesdays-words-stroke-prevention-word-search/>
- Practice writing, filling in the blanks or copying words related to stroke and aphasia.

## Multi-modal (speech, gestures, writing)

- Have a supported conversation using pictures, calendars, paper / pencil about your personal stroke story. Identify when it happened, sequence of events, what you the caregiver were doing & how it impacted you. So much happens & the person having the stroke is usually unaware. Set goals together about what you want to accomplish next. These can be big (take a cruise) or small (go to the CVS).

## Do something together! Just for fun 😊

- Watch the Kentucky Derby. Make bets, pick the winner! Make Kentucky Derby food. Wear hats!
- Sports season is in full swing. Look for hockey, baseball, tennis or whatever sports you like. Watch together. Ask questions. Make predications. Shout for your team!
- Play cards or do a jigsaw puzzle. Don't own any? Then try them out on the computer. Here is a good site for jigsaw puzzles: [www.jigzone.com](http://www.jigzone.com)
- Like to garden but digging in the dirt is too hard? Plant a container garden, or just one pot! You can grow flowers, herbs or veggies in a pot. Pick it out and plant together.
- Like to sing or dance? Throw a dance party in your kitchen. Put on your favorite music and move. You can do this sitting or standing. Get your groove on and sing your heart out. Correct words are optional!