

The USC Aphasia Lab Newsletter



Dr. Alex Basilakos Shares What's New

Dear Friends,

With only a handful of days above 100 degrees, I guess you could say this summer has been a mild one! One of my favorite summertime activities is to spend time at Lake Murray or kayaking on one of

Columbia's three rivers. Whether you stayed local or traveled, I hope you all have been enjoying these long summer days. I must admit, I'm

Continued on **2**

Able SC Class

Read about a class on advocacy and involvement in the community.

Page 3

New Members

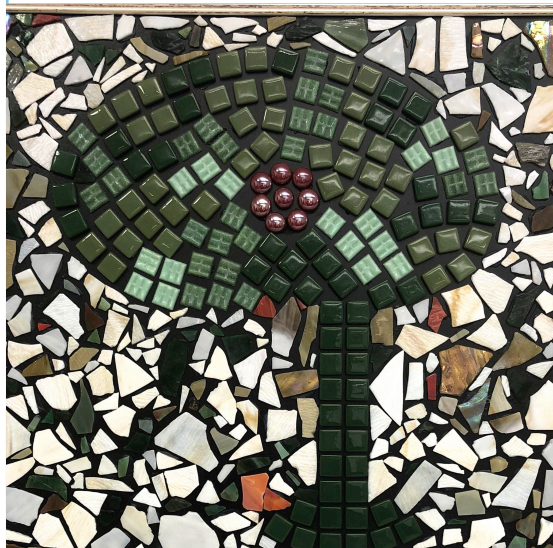
Meet the newest members of the USC Aphasia Lab team.

Page 5

Broccoli with Jalapeño & Garlic

This recipe is great for managing blood pressure.

Page 6



Are you in the know?

Stay up to date on what happens at the lab and in the aphasia community on a daily basis! Here is how to stay informed:

Follow us on Facebook! We post information about events happening in the lab, as well as interesting articles about aphasia!

www.facebook.com/StrokeRecoveryProject

Additionally, you can visit our website to learn more about what's going on in the lab, as well as learn about resources provided in the area and helpful apps to help improve your speech and language.

web.asph.sc.edu/aphasia

What's new in lab cont.

looking forward to fall and cooler weather.

Here in the Aphasia Lab, we've been keeping busy with new and ongoing projects. In July, we began a study to investigate parts of the brain that are active while listening to a conversation. This study does involve an MRI, but what's different about this study is that you will watch a few minutes of a sitcom while having your brain scanned. This will allow us to see what parts of the brain are active when listening to and understanding a conversation. The results will provide us with important information about how we understand communication in everyday scenarios. We're currently enrolling participants, so please contact us if you may be interested!

Another big event for the Aphasia Lab in August was the Society for the Neurobiology of Language Conference in Quebec City (see photo on page 1). This is an annual conference that showcases language research from groups all over the world. The Aphasia Lab was well represented, with over 10 presentations from USC throughout the weekend. Several of our presentations include results from our ongoing POLAR study, and the brain stimulation trial that we completed last spring. As always, we thank you all for your involvement in our research studies. These presentations wouldn't be possible without your involvement!



Able SC Community Leadership Academy

On August 23rd, 2018, members of our USC Aphasia Lab community graduated from a 6-week course which taught the participants skills relating to community leadership and advocating for the things we feel passionate about. This included learning how to network and serve on boards and councils within the community in order to ensure that all people are included in every aspect of community life. Dori Tempio, the Director of Community Outreach & Consumer Rights at Able SC, led this course. During the graduation, Tempio shared that people with disabilities “live in the same world that everyone else does, so we can educate the community on how to be more inclusive.”

Following the completion of this course, the participants have varying goals of advocacy that they set for themselves. Their individual goals were

Continued on

4

Able SC Community Leadership Academy cont.

diverse, ranging from helping the community become more inclusive of service animals to “helping nonprofit organizations communicate more effectively through their websites and literature to be more inclusive of people with disabilities.”

Charles Nottingham’s goal is to advocate for individuals with aphasia or stroke by educating rehabilitation professionals. He is determined to achieve this goal by volunteering at a hospital or being on a board related to individuals with aphasia or stroke. Nottingham stated, “I have a ‘I don’t give up’ attitude, which means if I put my mind to it, I can get it done.”

Following his stroke, Zach Bsar “refused to be labeled by what [his] motor functions were, so [he] forced [himself] to walk.” Zach’s

story made the audience laugh, as he shared that his determination to walk caused nurses to chase him down the halls. He hopes to inspire others with his determination and encourage others to persevere and achieve their own goals.

It is clear that each individual who took this community leadership course gained insight on how to advocate for themselves and all individuals with disabilities, and are ready to make a difference within the community. If you are interested in participating in similar leadership opportunities, please reach out to Dori Tempio at Able SC.

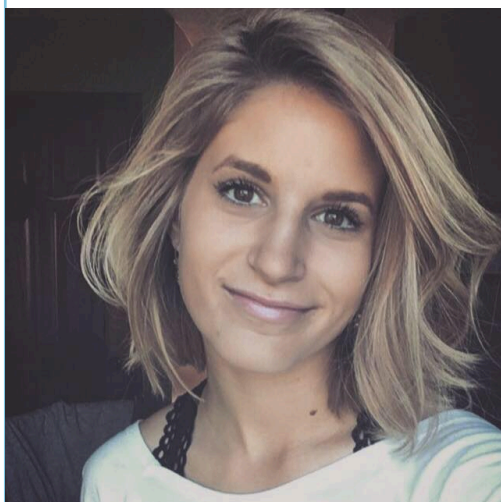
Dori Tempio

dtempio@able-sc.org

803-779-5121



Meet our newest lab members, Kelly & Alison!



Kelly Stillwagon is a second year graduate student in the Master of Speech Pathology Program at USC. She received her undergraduate degree in Speech & Hearing Science from The Ohio State University. Kelly is currently exploring her options for her future career; however, she is very interested in working with adults or pediatrics in the medical setting. In her free time, Kelly enjoys reading, traveling, and roller blading.

Alison Dinkins is a first year graduate student in USC's speech-language pathology program. Originally from North Augusta, SC, she recently graduated from USC Aiken with a B.S. in psychology. Alison is looking forward to exploring all areas of speech-language pathology, but is particularly interested in working with children and adults with language disorders or infants with feeding/swallowing difficulties. When she's not at the clinic or lab, she enjoys cooking and traveling.



We Want Your Help

If you have any friends or family who may be interested in participating in one of our studies, we are currently looking for more research participants.

Who is eligible? Participants are eligible if they had a left hemisphere ischemic or hemorrhagic stroke and are more than 12-months post-stroke onset. Participants must be between 21-80 years of age and speak English as their primary language.

If you know someone who is interested, please have them contact Dr. Leigh Ann Spell for more details.

**Leigh Ann Spell, Ph.D.,
CCC-SLP**

(803) 777 - 2693

spellL@mailbox.sc.edu

Roasted Broccoli with Garlic and Jalapeño

A delicious side item for any meal, this recipe is great for people who are managing their blood pressure!



Ingredients:

- 4 cups of broccoli florets
- 2 teaspoons olive oil
- 2 medium garlic cloves, thinly sliced
- 1 medium jalapeño, thinly sliced
- 1/8 teaspoon ground cumin
- 2 teaspoons lime juice
- 1/8 teaspoon salt

To Make:

1. Microwave broccoli covered for 2 minutes.
2. Heat the oil in a medium skillet over medium-high heat. Cook the garlic and jalapeño until the garlic is lightly browned, stirring frequently.
3. Stir the cumin into the garlic mixture. Cook for 1 minute, stirring constantly. Stir in the broccoli, lime juice, and salt.

http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/Broccoli-with-Jalapeno-and-Garlic_UCM_468674_Recipe.jsp#.W4bIZ5NKii6

The USC Aphasia Lab

Communication Sciences and Disorders
Columbia, SC 29208