

The UofSC Aphasia Lab Newsletter

Research and Community Activities for People with Aphasia, Their families and the Rehabilitation Professionals Who Work with Them

Meet the New Members of the Newsletter Editorial Board

Hello, Everybody!

I am a new graduate assistant at the Aphasia Lab and would like to take this opportunity to introduce myself as a new member of the Newsletter Editorial Board. I grew up in Columbia, SC, but moved away to go to Clemson University where I got a B.A. in Biology with a minor in Animal Veterinary Science. Although I loved being a Clemson tiger, I'm excited to be back home for graduate school.

Before beginning the Speech-Language-Pathology Program at UofSC, I worked as a Registered Behavior Technician at a local ABA (applied behavior analysis) clinic where I developed a passion for working one-on-one with individuals in a therapy setting. In my free time, I love to workout, drink coffee, cook, and spend time with family and friends. I am so excited to get involved and get to know all the amazing people that make up this community!

Sincerely,

Jane Stratton, Co-Editor



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Stay Connected with the Lab

Website: <https://web.asph.sc.edu/aphasia/>
Facebook: <https://www.facebook.com/StrokeRecoveryProject/>

Meet the New Members of the Newsletter Editorial Board (Cont.)

Hello Everyone,

I grew up in New Orleans LA and married my high school sweetheart. I spent 30 years as a Navy wife, raising our 3 children. After my husband's military retirement, and the children left home, my husband took a civilian contractor job and we moved to Taiwan. After an interesting 3 years filled with travel and fun, we moved to Maryland for the rest of his civilian career. This was cut short in 2015 when he had a stroke. I immediately took on a different role in life. We moved to SC in 2016 for many reasons and later found out about the Aphasia Lab and what it had to offer.

We are forever thankful God led us here. We have made some wonderful friends and have been stretched in ways we never knew possible. And we wouldn't change any of it. I'm looking forward to working with the Newsletter Board Members and to continue being involved with the caring and loving people of the Aphasia Community. In my spare time I enjoy sewing, cooking and gardening.

Sincerely,
Marsha Ryninger



Hello, Everybody!

My name is James B. Jett and I worked at Cisco System for 20 years. In Cisco, I was also the Program Manager/Project Manager for the Olympic Game/Paralympic Game in Rio from July-September 2016. On September 13th, at the Paralympic in Rio, I had two mini-strokes on my brain.

I grew up in Waldron, Arkansas and am a University of South Carolina and Theta Chi Alumni. In college, I got a BA in Information System and a minor ARMY ROTC. I was also in the military for 16 years.

In my free time, I enjoy hunting, fishing, Geocaching, and watching NASCAR. I also cook BBQ, jerky, and love watching the fire pit. I spend time with family and friends as well. In my spare time, I am a Commander for Royal Rangers for the boys in IPHC (Church) and American Legion Post 90 in Congaree, SC.

Sincerely,
James B. Jett

Is the UofSC Aphasia Lab Open Yet?

Leigh Ann Spell, Associate Director

Is the UofSC Aphasia Lab open yet? That is an excellent question and the answer is yes AND no. It really depends upon who you are and in which activities or studies you are participating! While we would absolutely love to have all of our lab members and participants physically back in the lab again, due to continued COVID 19 safety concerns, we can't do that just yet.

So, what IS open? Luckily, we have fantastic Aphasia Lab team members who quickly came together to transition as much of what we do as possible to an online format. For those of you involved in the **Predicting Outcomes for L**anguage **R**ehabilitation (POLAR) study, you know that we have resumed that study in a totally online version. A huge thanks goes out to all of the Lab members who made that transition come together so quickly. I also want to thank all of the participants and family members who jumped right on the technology train to help us continue this study!

I am happy to say that our weekly Aphasia Recovery Groups, weekly Drama Club and monthly Lunch Bunch meetings have continued to meet via zoom during the quarantine. It has been so nice to see and talk with so many participants and family members, even though it has been virtual. We have ALL become zoom masters by now!

In regards to our physical location, Aphasia Lab members are starting to return to campus in a careful, staggered plan. The Discovery Building now has limited access with limited occupancy. A handful of faculty and staff who tested negative for COVID 19 started coming back to the lab in June. Our doctoral students came back in July and we hope to start bringing back our graduate and undergraduate students in September.

Everyone must report their temperature each morning, we observe social distancing and masks are worn in common areas. We will not bring participants back to campus until we are sure it is safe for them to be in our public space. This probably will not be until after the first of the year.

While we aren't together physically yet, we are certainly glad that we have been able to see each other online in the past several months. Thanks to everyone who has remained active in our studies, recovery groups and other programs in this new virtual world that we live in. Slowly but surely, we will actually get to see you back in the UofSC Aphasia Lab before we know it! Stay well.

Sincerely,

The Masked SLP (a.k.a. Leigh Ann Spell)



New Studies Coming to the Aphasia Lab:

The Effects of COVID-19 and Health History on Neurological, Cognitive, and Social/Emotional Well-being in Recovered Patients

What is the study about?

University of South Carolina's Aging Brain Cohort is conducting a research study in collaboration with the Palmetto Health-USC Medical Group Division of Infectious Diseases. We are interested in gathering health history data and studying the effects of COVID-19 on various aspects of cognition and brain health.

Who is eligible?

- Positive test/Physician Diagnosis of COVID-19 and recovered for 28 days
- Adults between the ages of 20-80
- MRI Compatible (e.g. no metal implants, not claustrophobic, etc.)
- BMI <40
- Spoken English as Primary Language for at least 20 years
- Have access to a computer with internet and audio/webcam capabilities

What to expect?

- 60-90 minutes of surveys that can be completed online at home
- 60-90 minutes of virtual testing of memory, attention, and language that play like games and story-telling scenarios
- 1-hour MRI scan at Prisma Health Heart Hospital
- For your time and effort, you will receive \$70.00 upon completion of all sessions

If you are interested, please contact to see if you are eligible:

Visit our website: abc.sc.edu

Email: abcstudy@mailbox.sc.edu

Call our study team: 803-576-8420

Are you recovered from COVID-19 and interested in participating in a research study?



New Studies Coming to the Aphasia Lab: Speech Entrainment for Aphasia Recovery (SpARc)

We are excited to announce that a new treatment study is underway! Speech entrainment for Aphasia Recovery (SpARc), a research study spanning 5 years, is a multi-site collaboration that includes UofSC, MUSC, and the University of Utah. We are now in the process of enrolling eligible participants for this free treatment study!

SpARc utilizes Speech Entrainment Therapy (SET), an audio-visual computer therapy program that has been found to improve speech fluency in some people with aphasia. The purpose of this study is to determine the most effective dosage of SET.



C-STAR is here to **SpARc** some more joy!

We will be conducting all SET treatment sessions through a telehealth platform, due to circumstances imposed by the pandemic. While I will miss spending time with you in person, it *sparks* great joy in me to be able to meet you face to face, online, to complete assessments, and all the treatment sessions from the safety of our homes.

You may be eligible to participate in **SpARc** if you have experienced a stroke at least 6 months ago and have non-fluent aphasia. If you are interested in participating in this exciting opportunity or know someone else who might be, please reach out to me. I would love to answer any questions you may have about **SpARc**.

As always, we sincerely appreciate your support and participation in our research efforts. Thank you for engaging in our beautiful community. Through our connection, by a *spark* from another, we remain kindled.

With gratitude and peace and light,

Mary Aitchison, PhD, CCC-SLP

mjaitchi@mailbox.sc.edu

803-777-5905

Lab Member Updates

As we approach a new academic year, it is time to get to know the new faces in the lab and say “we will miss you” to those moving on to new adventures.

Welcome New Graduate Assistants

**Lily
Jarold**



Graduate Student, Speech-Language Pathology

Hometown: Pittsburgh, PA

Undergraduate: University of Pittsburgh, Linguistics

Hobbies: reading, cooking, traveling, and enjoying the outdoors



**Janie
Logue**

Graduate Student, Speech-Language Pathology

Hometown: Lexington, SC

Undergraduate: UofSC, Public Health

Hobbies: reading, cooking, traveling, and enjoying the outdoors

A Retirement Poem

by Michele Martin (a' la Dr. Seuss)

I loved this job, I loved the Lab
It really was the best I've had
I loved my boss, Dr. F. was the best
And of course, Dr. Spell and all the rest.

My participants and families, what can I say
They were the best parts of my day
I loved them each and every one

I loved my office, it was quite nice
Even if it was as cold as ice
I loved doing speech therapy in that place
I loved seeing people, face-to-face

I really thought my job
was swell!

In 40 years, no other I
loved so well

It's time to retire and say
my goodbyes

It's so surprising how fast
time flies

It's sad to leave, this is
so true

What's left to say? Not a
thing but "Thank You"!



A Therapist, A Friend

Marsha Ryninger, Newsletter Editorial Board Member

We first met Yvette McCoy, speech-language pathologist, several months after my husband's stroke in 2015. When Marcus was released from the Rehab hospital in DC, we were living in a rural area which made it difficult to find a specialist for his recovery. On our very first visit, Yvette made us both feel at ease. She explained what we should expect and how she was going to help. When our children came to visit, Yvette was always happy to involve family members in the sessions. Yvette was the first person to mention the word Aphasia to us.



No one else had told us about this so we were anxious to get started. She helped Marcus discover his hard to pronounce sounds and gave him homework to work on those. She gave him everyday speech to use and encouraged him to find alternative words. All of this time she was gentle and compassionate.

This was the beginning of Marcus' recovery and we are very thankful this passionate and hardworking Speech Language Pathologist was part of that recovery. Even though we live far apart now, we are proud to still call her friend.

Yvette grew up in the Midwest, primarily in Kansas City. She always wanted to be a physician, but when her grandmother had a stroke she found an interest in Speech-Language Pathology. Yvette notes that one of the highlights of her career was earning her board certification in swallowing and swallow disorders.

When asked what she feels has helped her become a better SLP, Yvette says "learning to treat the patient and not the diagnosis." "So often, we as clinicians focus on the disorder so intently that we neglect to see that behind the disorder is a person with emotions and values, even if they cannot communicate it," Yvette continues. The advice Yvette passes on to future SLPs is, "We have such a wide scope of practice within our field. Find an area that you love and master it. Don't try to be a 'jack of all trades.' I love swallowing disorders and neurogenic communication disorders, so I have mentors to help me in those areas and studied my craft extensively"

Yvette recently began a PhD program at Concordia University-Chicago in Health and Human Performance. She has also recently accepted a position as Director of Clinical Education and Assistant Clinical Professor in the Department of Rehabilitation Sciences at Moravian College in Bethlehem, PA. For future plans, Yvette "hopes to finish the rest of [her] career treating patients and training the future speech-language pathologists."

The UofSC Aphasia Lab

Communication Sciences and Disorders
Columbia, SC 29208

[Recipient]

Address Line 1

Address Line 2

Address Line 3

Address Line 4

Aphasia Activities Committee

We are seeking volunteers to start an Aphasia Activities Committee! Our goal would be to organize fun, social events for the aphasia community (once COVID 19 restrictions are lifted) such as bowling, picnics, and holiday parties. We need volunteers to brainstorm ideas and to begin to coordinate and promote events. If interested, please contact me for more information.

Best,
James B. Jett
jjett@sc.rr.com
(803) 315- 0841

