



The USC Aphasia Lab Newsletter



Research and Community News for People with Aphasia, Their Families and
the Rehabilitation Professionals Who Work with Them



Light up your life!

WRITTEN BY: DR. MARY AITCHISON
& CISSY FARRAR



*In USC tradition, Sandstorm energized us as we kicked
off our learning together.*

On April 30, we gathered at Stone River for our annual Aphasia Community Event (ACE)! This lovely space with a view of the river, posters on the porch, and delicious food catered from The Gourmet Shop provided a beautiful setting for our speakers to enlighten us about their work with aphasia. It was extra special because it allowed us to come together as a family to support one another on this journey of living life well.

Dr. Julius Fridriksson, the founder of the Aphasia Lab and Vice President for Research at USC, gave the opening remarks. Dr. Elizabeth Regan (DPT, Ph.D.) emphasized the importance of physical activity in recovery. Dr. Dee Gullede shared a mind and body practice, leading us in Tai Chi and meditation, tools which encourage mindfulness in recovery. Mr. Jeffrey Fisher provided insight into his journey as a stroke survivor, with notes from his memoir "Never Give Up".

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Staying connected with
us!



Together we illuminated the room with our Lego Lightbulb!



Shine on!

We are grateful for our community partners who provided door prizes and educational resources – Able South Carolina, SC Assistive Technology Program, The Gourmet Shop, Hendrix, Tactus Therapy, USC Brain Health Network, Barefoot Outfitters, Constant Therapy, ABC@USC, Thirsty Fellow, and Prohibition. A special thank you to the Howard brothers (Mack and Murray) for their donation to the USC Aphasia Lab for our community outreach programs and events!



#Aphasiaawareness



Hide & Speak Up For Aphasia



Thank you to the SC Independent Living Council, Encompass Rehabilitation, Carolina's Rehab (Pineville, NC location), Columbia Fireflies, and the Richland County Regulators Roller Derby team for allowing us the opportunity to share what we do at the lab and help us to continue to spread awareness of aphasia.



Our lab community continues to spread rocks in our local community and on our travels to spread aphasia awareness. Check out our Facebook page: [Hide & Speak Up For Aphasia!](#)

Sharing recent research from our team

CREDIT TO OUR AUTHORS & LAUREN GRUMBACHER

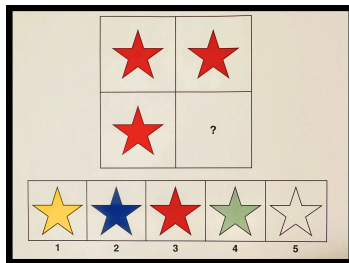
Under pressure: The Interplay of Hypertension and White Matter hyperintensities with Condition in Chronic Stroke Aphasia

Hannan, J. Busby, N., Roth, R., Wilmskoetter, J., Newman-Norlund, R., Rorden, C., Bonilha, L., Fridriksson, J.

Purpose

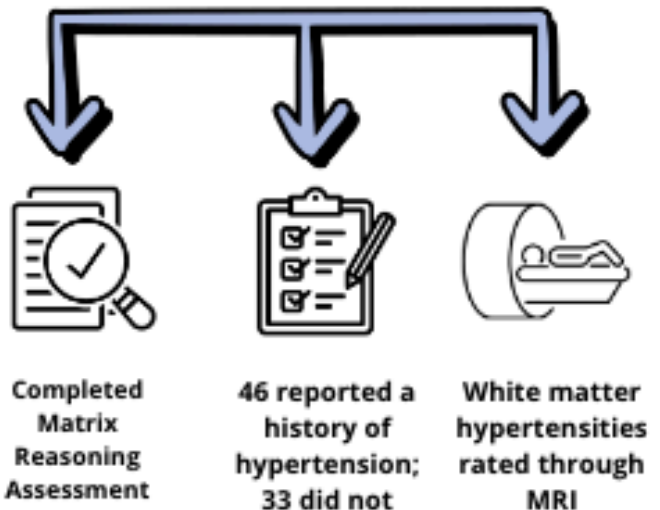
White matter, hypertension, and brain health influence cognition in post-stroke aphasia, but relationship is unclear

Research Methods



You may recognize this test from participating in our studies!

79 people with Aphasia



Results and conclusion

An increase of hypertension and white matter showed poorer scores on the Matrix Reasoning assessment. It is important to understand the cardiovascular risk factors in aphasia treatment

Key Takeaway:

Manage blood pressure and other risk factors!
Health factors and brain health can influence behavior




Sharing community resources

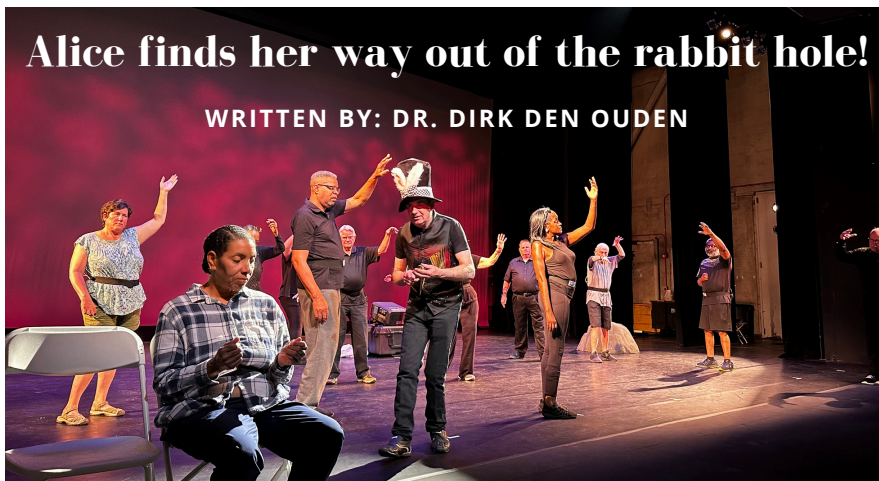
Rehab Without Walls®, serves survivors of Acquired Brain Injury (ABI) and related Neurological diagnosis in our community. We provide intensive rehabilitation services, the opportunity to break down barriers in recovery, and another chance to live a fulfilling life with the highest level of independence beyond the walls of the traditional health care models. When other organizations see limitations of care, we see opportunities.

Please email, call or text Alex to learn more Monday – Friday 9AM- 5PM EST.



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original story, the play showed how Alice (beautifully played by Deidre Harris) enters a strange new world after having what definitely seems to be ... a stroke!

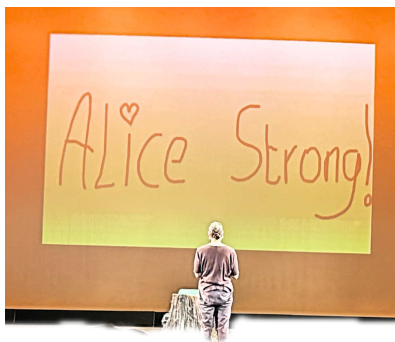
After tumbling down a rabbit hole, Alice's guide in the mysterious and rather scary new world is the White Rabbit, a true gentleman played by Michael Child. A little obsessed with time, he leads her from scene to scene, on the road to recovery. Along the way, Alice meets many of the friends that we remember from last year's play, Anything but Cinderella, and even from the 2019 play Don't Have a Stroke on a Friday Night.

Continued on page 5...

On April 27th, the aphasic drama group Play on Words put on a spectacular theatre performance with Alice. The adaptation of Alice's Adventures in Wonderland (Lewis Carroll) was created by the members of the drama group, and directed by Peter Duffy. Based on conversations, improvisations, and of course, the



To name a few, she meets a very relaxed Caterpillar with some good advice (Charles Nottingham), as well as the wise Cheshire Cat (Woody Thompson), who cannot help being interested in eating the White Rabbit! But Alice is also confronted by a bunch of doctors who babble incessantly about her, not to her, and by an outraged and very unreasonable Queen of Hearts (Ms Buffy Stoner). Ultimately, Alice hits a home run in a crazy baseball game, and finds her own strength by standing up for herself and using all her powers to communicate. That is how she is able to escape the weirdness that is Wonderland!



The performance was another great success for the aphasia drama group, and the audience that almost filled up Drayton Hall showed they loved it, with responses during the play as well a long and well-deserved applause for the actors afterwards. Play on Words can't wait to be back next season, so stay tuned and let us know if you are interested in joining: no theater experience required – just bring your drama!



in one word!



THANK YOU TO JAMES JETT & FELLOW RECOVERY GROUP MEMBERS

Our aphasia recovery groups had the opportunity to discuss HOPE and what hope means to them. “It was a very emotional but moving and powerful group today!” shared Lauren Hammond (SLP & PhD candidate) who supervises our in-person aphasia recovery groups.

Character Spacing

stroke expectations free family live
 aspiration community
 confident gift voice go love strong happiness
 motivation determination trust opportunity
 future soothing inspiration positivity
 letting confidence aim peaceful faith
 Psalms 71:14 dove strength belief desire
 Flying birds

Reverse Coloring

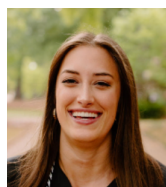
Mindfulness activities can help improve focus and reduce frustration. Anyone can benefit from taking calming “brain breaks” throughout the day. Reverse coloring is a mindfulness activity that is accessible and creative!

Use a pen to draw your own images from the colorful shapes below. Take a look at the rocket ship below as an example.



We would love to see your picture when you finish! Share it with us:

ssayers@mailbox.sc.edu



CLAIRE



DEVYN



KACEY



LAUREN



SARAH

Advice for new students!

We would like to welcome our new graduate students to our Aphasia Lab family & community!

You may wonder what role they take in the lab. They score our outcome measures for clinical treatment studies, organize data, manage social media platforms, lead our virtual aphasia group and lots of other things! Our students are not just a part of the lab but a part of our aphasia community.

This semester, Aphasia Ambassador James Jett led a discussion with our aphasia recovery groups to gather advice for our incoming students. Here's what they said:

So this time, the aphasia group is giving advice for the new students

- The beginning of the semester will be an adjustment, but once you get into the swing of things you'll do so great!
- When communicating with someone with aphasia take your time, slow down, allow them time to respond, and use different strategies of communication (gestures, yes/no questions, etc.)
- New friends, new life
- Surround yourself with a support system
- Be a support system to others
- Don't let yourself get too stressed with everything going on, you will be okay and will get through it even when it feels like you have a lot going on
- Lots of different emotions, but keep going and keep growing
- Make sure to take time to yourself. Find time during the day to do something YOU love!
- Aphasia is experiencing something new everyday, be patient and understanding with persons with aphasia
- We work very hard every day
- Patience and Listen
- Give time to talk and listen. Words so frustrating and tired sometimes
- Health, be knowledgeable about the person
- Use all resources to help yourself out
- Keep pushing, all the hard work will pay off
- "Friends good, community YES!"

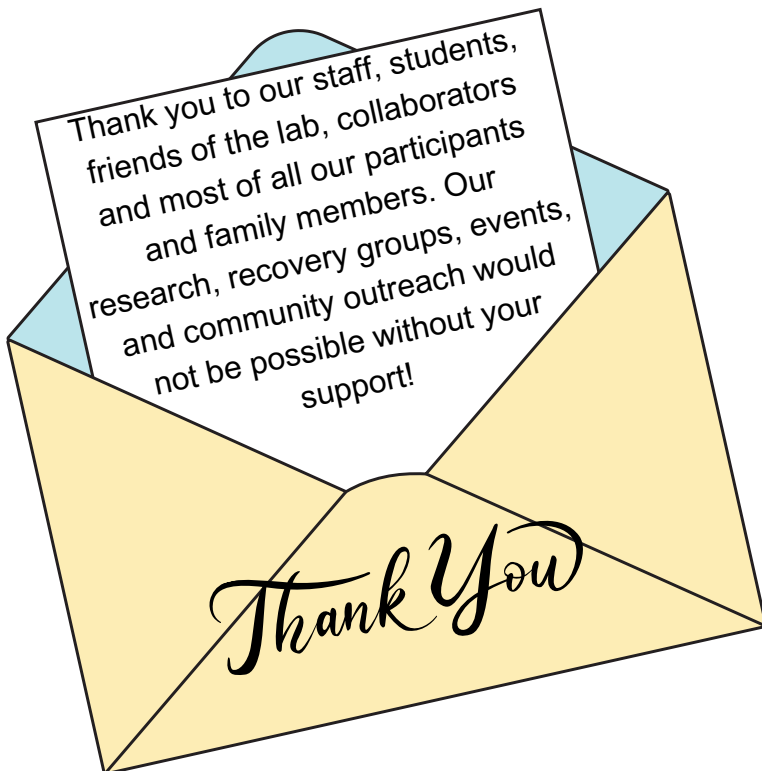
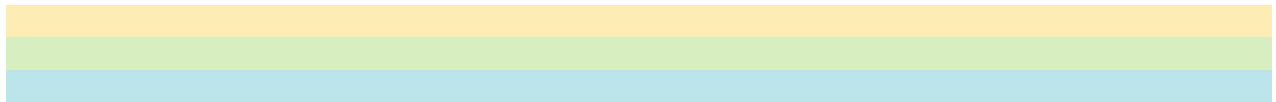


So next time you see a new student and an aphasia person, say hello and chat!



The USC Aphasia Lab

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STUDY & AMBASSADOR OPPORTUNITIES!



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andPrograms](https://tinyurl.com/StudiesandPrograms)

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