School Quarters
Each UW Quarter has a schedule with a Beginning and an End, so does our scheduled Aphasia Support Group. It starts on the first available day in the Quarter (this one is the UW Fall Quarter). It ends on Finals Week.

Special events from this Quarter include:

- **An interview of all the group** members. This gives basic knowledge for the student clinician(s) spending the Quarter with us. It is even more meaningful, though. This gives us each a chance to search, sort, and speak words—and to demonstrate our recovery’s progress.

- **A few of the presentations** that have been made during the Quarter.

- **Some first-year graduate students** interviewing us for practice.

- **Finishing our Quarter** with a Holiday party at Dennis’ home.

- **Tidbits** from THE CLINIC.

**Presentations:**

**I Got Better**

by **Ted**

I was a good teacher in the past.
I was finishing off my doctorate by way of teaching at a community college.

My students made me know my stuff; they would ask me challenging questions, so I **had** to know my material.

With my stroke, I had to start from scratch again.

**American Sign Language**

by **Su**

To bring up something new and different to the group, I worked with my daughter. She has become an expert in signing, and she taught me.

I shall now teach you some of these signs.

The first sign is: **Welcome.**
My Wife Didn’t Want It

by Lowell

I’m going to talk about E-book readers, but particularly the Kindle. That’s what I got a year ago.

I brought some ad materials with me, but I’ll mostly show how the Kindle works and has really changed things for me.

Reading has been important to me and it was, of course, a major part of my Stanford college time. The stroke laid my reading into burned ashes, and it has been very slow in recovery. So, a great help was to get a surprising alternative. Something very light, small and easily carried around.

It’s the Kindle. If you’re using it outside in bright sunshine, it can be difficult to read. But carrying the Kindle is a lot easier than the 3000 books that it can store for you.

My wife didn’t want to use it, when I got it. She didn’t even want anything to do with it. In the year since, all that changed. Now, she has one and is devoted to it.

For me, my progress is much easier and more satisfying with the Kindle.

First-year Graduate Students

Last week, we were invited to work with the new first-year graduate students. They need clinical preparation experience in this quarter, because next quarter they get to do lots more of it.

So, we volunteered to be the guinea pigs as patients (which we are, anyway). Or, maybe they were the guinea pigs?

However, it was perhaps new and interesting for both sides. Each volunteer was interviewed by two separate two-person teams.

Brain Rules

by John Medina

Rule #1: Exercise boosts brain power.

The human brain evolved with no chair, desk, or computer.

Typically, its environment involved, moving in searching for food, moving for security, moving for survival.

If we were all walking along, we would be healthier, and the brain’s functions would improve.

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Seeking People with Aphasia

For Research on Language and the Brain

Who is wanted??

- Adults who have had a stroke on the left side of the brain and have language problems (non-fluent aphasia) as a result;
- Between the ages of 20-75;
- No history of significant psychiatric disorders or substance abuse;
- No history of speech-language disorders after age 8.

What does it involve?

- Come for 1-3 hours of speech-language testing (over 1-2 sessions). We will record some basic health information—get $10 for this process.
- If you qualify from that, go to a second
session (2-3 hours). You make decisions about words you see on a monitor. We will do an EEG to measure electrical activity in your brain by putting a cap on your head. Get $30 for this.

**Why?**

- To learn more about how people process language in their brains, and how strokes affect that.

**Where?**

- First, in the UW Dept. of Speech and Hearing Sciences. Second, in the Dept. of Psychology.

**CONTACT:**

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**Intensity and Inspiration**

**by Nancy Alarcon**

*(Dr. Jill had a devastating stroke and looked at it from an unusual perspective—that of a trained brain specialist. She made a fascinating talk (a TED talk), which led to a book: My Stroke of Insight.*

Which led to being one of the Top 100 of the Year on Time magazine. -ed.)

Jill Bolte Taylor, whose inspirational story of recovery from stroke is recounted in the best-selling book *My Stroke of Insight*, delivered the keynote address at our national convention of the American Speech-Language-Hearing Association in San Diego, CA on Thursday, November 17th. Her presentation, "The Wonder of What We Are," was riveting and moving for several thousand SLPs and Audiologists, including me! Several years ago I had listened to her presentation on www.ted.com, a web-based series of talks by truly remarkable individuals. At that time I had felt the positive energy of this woman as she shared her riveting and very personal story of challenge and recovery.

Sitting and listening to her in San Diego I found myself mesmerized by her intensity and inspired by her direct message all at the same time. I thought, she is a woman who has reclaimed so much of her life – not necessarily representative of so many of the folks we see in our clinic – yet a voice for stroke survivors everywhere. Additionally, I felt like she was speaking to me, helping me to refocus on a central theme of positive energy. I knew she was inspiring me to think about the impact of our work with individuals with aphasia and their families. What I also realized was that she was engaging me in thinking about the energy around me. Dr. Taylor talked about her need, her requirement to have positive energy in her life and the power that that yielded for her.

“Please take responsibility for the power you bring into this space.” (JBT quote). What significant and thought-provoking words by Dr. Taylor. I know that statement speaks to me. How often I have realized that the person who has entered my space has lifted or energized my spirit, or has conversely sucked the air out of the room! This is not only the case in my professional life, but in all aspects of my life. So what to do with that message? As she concluded her talk, Dr. Taylor stated, “You are the life force power of the universe – beam bright!” My hope is to hold onto her messages, make them a part of my actions and reap the benefit as well.
**FINISHING OUR QUARTER**

Our final meeting for this Quarter will be a special event: A Holiday Party, at Dennis’ home.

Holiday Parties always seem to include good food, pleasant conversation, and good companionship.

Another long tradition is to review and tally up the successes from this past “Quarter”. It’s also an opportunity to launch from this year into the next one.

Set your personal milestones as reasonable, positive ones and things always seem to work out well.

Best Wishes for a Good, Happy Year.

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"In Search Of ..."