



**VOICES OF HOPE  
FOR APHASIA**  
[www.vohaphasia.org](http://www.vohaphasia.org)

**August 2019 Newsletter**

Registration is required for all sessions.  
Please call 727.249.1953 or email [info@vohaphasia.org](mailto:info@vohaphasia.org)

[www.vohaphasia.org](http://www.vohaphasia.org)



**Upcoming Events:**

• **Monday, September 2<sup>nd</sup>**

- **NO PROGRAM!**
- Happy Labor Day!



- **NEW DAY AND LOCATION!** We now meet at the **Mirror Lake Library** across the street from the Sunshine Center  
**Tuesdays from 10:30am – 12:30pm.**  
**Book Club** will meet at the **Library on Mondays from 10:30am – 12:30pm**

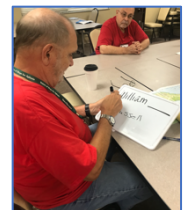
- **August Max Adventures – to be announced**
  - Stay tuned to find out about our next adventure!
  - [www.vohaphasia.org/aphasia-programs/max-adventures](http://www.vohaphasia.org/aphasia-programs/max-adventures)



- **STARS Technology Program**
  - **STARS Individual Sessions** are offered **Wednesdays** in St. Pete and **Thursdays** in Dunedin!
  - Schedule your individual appointment with Jen ([jen@vohaphasia.org](mailto:jen@vohaphasia.org))

• **Friends & Family Program: Hot Topics**

- **HOT TOPICS:** Experts are invited each month on the 4th Wednesday at 10:00am at the Sunshine Center in St. Petersburg
- **August 28<sup>th</sup>:** **Flavio Vivas** will be discussing home care aides and how to get someone to lighten the load at home.
- **DUNEDIN Support Group:** **August 22<sup>nd</sup>** at 1pm in the Hale Center Conference room



## Look what we have been up to!

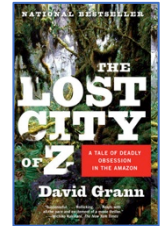
- **Movie Club**

- We watched and discussed various short films!
- We will be watching the movie "Hidden Figures" in August!
- *Interested in joining our movie club? Now is the time! Call to register!*



- **Book Club**

- Our group is reading the book "The Lost City of Z" by David Grann!
- We will watch the movie once we finish the book!



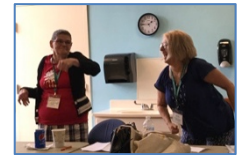
- **Brain Activity at St. Pete**

- We are learning about different parts of the brain, their functions, and how they relate to our individual strokes.



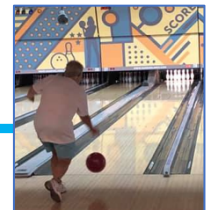
- **Exercise Group**

- Our St. Pete members are making their very own exercise video!
- We are having fun exercising our bodies and brain!



- **Max Adventure: Bowling!**

- We had a great time bowling and laughing together!
- Some of us used adaptations such as a ball ramp!



### Good 'Burger Awards!

- We are a Good 'Burger **Finalist!**
- This award is presented by the St. Petersburg Chamber of Commerce.
- **Vote** for us to show we are making a **positive impact!**
- Voting for us **increases awareness for aphasia!**
- Please vote for us in the "**Community Conscious: Grassroots**" (small non-profit) category.
- Go to [www.stpete.com/good-burger](http://www.stpete.com/good-burger) and click the "VOTE" button.
- Voting ends **August 16<sup>th</sup>!**

