

VOICES OF HOPE FOR APHASIA

Our Programs

We are a community-based program for people with aphasia and their families in the Tampa Bay area. We offer multiple aphasia programs on a weekly and monthly basis in St. Petersburg and Dunedin, FL. Whether you are a family member, friend, or a person living with aphasia, we have a program for you!

Registration is required for most programs. Please call 727.249.1953, email info@vohaphasia.org, or visit www.vohaphasia.org

*Living with Aphasia
program*

*"I have aphasia -
Now what?"
workshop*

*Family &
Friends
program*

*STARS
Technology
program*

*Max
Adventures*

A small contribution is requested for our programs, but we want everyone to participate regardless of their ability to contribute financially. Please speak with us about pay-what-you-can options. Call 727.249.1953 to register or schedule a visit.



VOICES OF HOPE FOR APHASIA

Living with Aphasia

Activities for people with aphasia to get involved, stay active,
pursue interests, make friends, and HAVE FUN!

Activities change monthly and are decided upon by our members. Check our calendar for this month's schedule. Registration is required. Please call 727.249.1953, email info@vohaphasia.org, or visit www.vohaphasia.org

Book Club

Aphasia Book Club provides support for people who enjoy reading. Participants need some level of independence for this activity.

Creative Thinking

Read or listen to a short story or article with the group, assisted by a group leader. Then discuss the topic with the group.

Writing Group

Want to practice writing or spelling? Write shopping lists, emails, poems, journal entries and more with help from the group leader.

Conversation Club

Small conversation groups that encourage members to share their passions, interests, and experiences with other members.

Current Events

There is always something happening in the world! Read headlines and short articles then discuss events that impact all of us.

Movie Club

Watch a short film or a movie over several weeks! This group provides supports so everyone can enjoy the film...and then talk about it!

Gardening Club

Have a green thumb? Beautify the Sunshine Center with colorful flower boxes, pot seasonal plants to take home, grow an herb garden!

Aphasia CAN

Arts, crafts, games and conversation in a supported environment. These activities are designed for those who need more support.

Games

Are you a card shark? Or a master at Pictionary or Charades? Show off your skills! Have a little competition and a lot of laughs!

Arts & Crafts

Make quilts, greeting cards, holiday-themed crafts, and more. Guest artists & art therapists draw out the artist in all of us (pun intended!)

Music Therapy

Led by an accredited music therapist, combining words with music can engage different parts of your brain. No musical ability required!

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VOICES OF HOPE FOR APHASIA

"I have aphasia – Now what?"

Family Workshop

To register, and get more information call 727.249.1953, email info@vohaphasia.org, or visit www.vohaphasia.org

A personalized, informative workshop for people with aphasia and their families.

Our two-day introductory workshop is specially designed for people with aphasia and their families. The **professionally-led** workshop will give you:

- A thorough **understanding** of aphasia and how it affects daily communication,
- Training in a set of **techniques**, called *supported communication*, to help your family communicate more effectively,
- A personalized set of **communication tips and strategies** you can use right away,
- A **notebook** full of information and aphasia, communication, and resources.

The workshop schedule:

	Day 1 <i>"I have aphasia – what is it?"</i>	Day 2 <i>"Now what?"</i>
9:30am – 10:00am	Registration	Gather
10:00am – 11:00am	Understanding different symptoms and types of aphasia	Supported Communication Techniques
11:00am – 11:15am	Break	
11:15am – 12:15pm	Break-out sessions: Simulations, empathy, and understanding my aphasia	Break-out sessions: Strategy and skill practice
12:15pm – 1:00pm	Lunch (included)	
1:00pm – 2:00pm	Frustrations and resources	Finalize personal action plans

"I highly recommend this invaluable, compassionate program to those living with someone going through the trials of aphasia."

"Thank you for a wonderful two days!"

"Awesome workshop!"

***Workshops are scheduled through-out the year in different locations.
Visit our website for information about workshops near you!***

To register and for more information call 727.249.1953, email info@vohaphasia.org, or visit www.vohaphasia.org



VOICES OF HOPE FOR APHASIA

Family & Friends of Aphasia

Programs and activities for family members and friends of
those living with aphasia

To register and for more information call 727.249.1953, email info@vohaphasia.org, or visit www.vohaphasia.org

First Friday Lunches

A fun, informal gathering of current, past, and future members of Voices of Hope for Aphasia. It's a great way for families and members to meet outside of the planned activities of the daily programming. Lunch locations change each month – experience new food, new restaurants, and new locations. Keep an eye out for upcoming locations!

**First Friday Lunches are planned and organized by one of our founding members, but lunch costs are each individual's responsibility.*

Support & Resources Group

A gathering for family members, friends, caregivers, and anyone who loves a person with aphasia regardless of how long ago the diagnosis occurred. Come with your questions, your frustrations, your celebrations, your struggles, and your triumphs. This group provides help and support at any stage.

This group currently meets:

- 2nd Wednesday at the *Sunshine Center in St. Pete* from 10am to 12pm
- 4th Thursday at the *Hale Center in Dunedin* from 1pm to 3pm

Hot Topics Discussions

Do you need help navigating Medicare or disability insurance? Do you need help understanding your family member's medications or medical tests? Do you want help coping with your new role and the changes in your relationship? *Invited guests* and *expert speakers* will be available to help answer your questions during these sessions.

This group currently meets on the fourth Wednesday of the month at the Sunshine Center in St. Pete from 10am to 12pm. Stay tuned for new locations/times.

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Support & Resources

We know it's not just the person with aphasia who needs support – families need groups, too. Whether you have been touched by aphasia for a long time or new to aphasia, Voices of Hope for Aphasia provides support and education for family and friends.

Is your family member in the hospital or rehab now or recently diagnosed with aphasia? Are you feeling overwhelmed and unsure of what to do?

The Support & Resources session is a gathering for family members, friends, caregivers, and anyone who cares for a person with aphasia regardless of how long ago the diagnosis occurred. Come with your questions, your frustrations, your celebrations, your struggles, and your triumphs. This group provides help and support at any stage.

This group currently meets:

*- 2nd Wednesday at the Sunshine Center in St. Pete
from 10am to 12pm*

*- 4th Thursday at the Hale Center in Dunedin
from 1pm to 3pm*

For addresses and more information, visit our website
www.vohaphasia.org or call us at 727.249.1953

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VOICES OF HOPE FOR APHASIA

The Danniella Muheim

STARS Technology Program

Providing hands-on training and support for people with aphasia and their families in the use of technology in a fun and social environment.

To register and for more information call 727.249.1953, email info@vohaphasia.org, or visit www.vohaphasia.org

Just You and Me

Are you new to technology and need help making the best choice for you? Do you have a device from your speech therapist, but don't know how to use it? Are you comfortable with your iPad/iPhone/tablet, but want more tools or ideas?

Schedule a one-on-one appointment (or a series of appointments until you are comfortable!) with a member of our STARS Program staff! Family members are encouraged to attend.

One-on-One sessions are currently offered on Wednesdays in St. Pete. Stay tuned for more locations. To schedule your session, email jen@vohaphasia.org or call 727.249.1953

Group Workshops

Group workshops are centered around the things you like to do! Do you like to go out to dinner or coffee but depend on others to order or pay the bill? Do you enjoy reading but find it difficult now? Do you worry what might happen in an emergency?

Join an upcoming workshop led by our STARS Program Coordinator to learn and practice. Then, let's do it! (See Outings) Family members are encouraged to attend.

*Visit our website for information about the next workshop.
Register by emailing jen@vohaphasia.org*

Outings

Technology can help a person with aphasia increase their independence. In our workshops, we will learn how to use our tools to help us, then we will venture out together to try out what we learned. STARS Program staff will be there to help!

*Visit our website for information about upcoming outings.
Sign-up for an outing by following instructions on the outing details or by emailing info@vohaphasia.org.*

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VOICES OF HOPE FOR APHASIA

Max Adventures

Honoring Max Miller, a true friend.

Registration is required for all outings.

To register, and get more information call 727.249.1953, email info@vohaphasia.org, or visit www.vohaphasia.org

Let's have an adventure!

***Are you interested in getting out and experiencing something new?
Do you miss participating in activities because you think you can't do it anymore?***



Max Miller, son of Terri Miller (*Voices of Hope* member) and Stephen Miller (*Voices of Hope* Board Member) was someone truly inspiring who cared deeply for his family and friends, doing all he could to help anyone in need. Max also put all his energy into experiencing and enjoying life. Whether it was his passion for cooking, his love of the outdoors or his love of being on the water, Max lived each day with passion, and he was always ready for an adventure!

The *Voices of Hope for Aphasia* family honors the life and legacy of Max Miller with ***Max Adventures***. Outings chosen by our members or staff, provide new and exciting activities for those with aphasia to get out and explore in a supportive and aphasia-friendly environment. These activities not only provide an opportunity to attend events and enjoy new activities but also give *Voices of Hope for Aphasia* members the chance to give back to our community.

These activities may include:

Boating

Visiting Nature Preserves

Bowling

Exploring Museums

Attending Sporting Events

Along with our ongoing quest to fulfill our mission, we honor Max by helping and encouraging people with aphasia to live life to the fullest!

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