A P R I L 2 0 1 8

Hope Is…

Come See What We Are All About!

Session B:

NO PROGRAM on the following days:

- **May 28, 2018**: Memorial Day
- **July 2 – 6, 2018:** Next Break Week

Upcoming Events

Give Day Tampa Bay!

- **Tuesday, May 1st, 2018**
- You may have attended one of our programs, workshops, conferences, used our materials, observed or volunteered, or just been inspired by the spirit and tenacity of our members.
- Now is the time for you to make a donation of any size to our GiveDay campaign!
- Your donation of **$25** creates one group session for someone to get back to activities that are important to them.
- Did you know that music and singing can help people with aphasia get back their words? That's why we offer **music therapy** and music groups in our programs. Your donation of **$75** provides one music therapy session for as many people as we can fit in the room.

2018 Conference: BRIDGE

- **October 19 & 20, 2018 - Clearwater**
- Building Research Initiatives by Developing Group Effort **(BRIDGE)**
- In collaboration with USF St. Petersburg, we are hosting a groundbreaking event where researchers, clinicians, and consumers will join together to understand research and drive meaningful aphasia research forward!
- Webinars will be offered in the months leading up.

"I Have Aphasia, Now What?"

- Two-day workshop**: April 26th & 27th**
  - **Largo Medical Center**
  - 2025 Indian Rocks Rd
    Largo, FL 33774
- For details and registration, visit our website.

Recent Events

Aphasia's Got Talent:

2018 Poetry Bash!

- Aphasia's Got Talent was a **success**!
- Many thanks to all who attended and participated.
- It was a packed house on Saturday.
- Thank you to our two guest Poet Laureates, **Peter Meinke and Helen Wallace** for reading poems and sharing their thoughts about poetry and aphasia!

- Please join us in congratulating our Founders Award honorees, **Tom & Erika Boyle** and **Bob & Diane Lombard**, for all of their many years of contributions to the lives of people with aphasia in Sarasota. We love you guys!

- Thank you artists **Beatrice Ramjattan, John Dingman** and **Trish Hambridge** for your beautiful donations to our silent auction.

Recent Events

Voices of Hope for Aphasia Cruise!

Each year, Voices of Hope for Aphasia plans a cruise where members and nonmembers can come together and enjoy a relaxing, inspiring vacation together. For some, this was their first VOHA cruise and for others, a yearly tradition! While on the cruise, members…

- Relaxed by the pool together
- Played games such as Uno
- Went to a Turtle Farm
- Went to the movie theatre
- Discussed different beneficial communication methods
- Gathered in a lounge each evening to socialize
- Danced the night away almost every night

Next Year's Cruise Details:

- January 19, 2019
- 8 Night Eastern Caribbean Cruise
- Leaving From: Fort Lauderdale, Florida onboard Adventure of the Seas
- Visiting:
  - Labadee, Haiti
  - San Juan, Puerto Rico
  - Philipsburg, St. Maarten
  - Basseterre, St. Kitts

This was Harold & Deb's first VOHA cruise!
"It was like having family dinners every night! It was amazing! I think the very best part for Harold was being there with his friends!"
– **Deb Bell**

St. Pete News

Music Therapy

- Music Therapy group with **James**:
  - Learned stretching techniques

  - Practiced guided meditation with a Tibetan Singing Bowl
  - Practiced key phrases set to music
  - Sang along to old classics like "Sweet Caroline," "You are my Sunshine," "Red Robin," and others
  - Practiced the Voices of Hope for Aphasia original song **"Hope"**

Short Story Group

- Short Story group heard stories by famous authors and completed fun activities.
  - Jack London - "To Build a Fire"
  - Edgar Allan Poe - "The Telltale Heart"

First Friday Outing!

- Voices of Hope members met for a fun lunch at **Manatees on the Bay**.
- Join members for the next outing!
- See calendar or the website for details.

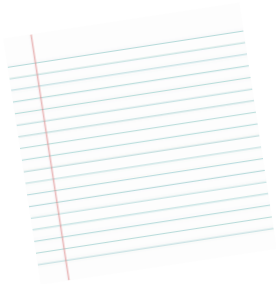
St. Pete News

History Group

- History Group has learned and shared about:
  - The history of cars
  - Bridges spanning the years
  - Amelia Earhart and the latest discovery
  - Sent rockets into space!

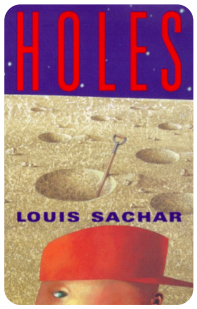
Writing Group

- Writing Groups have been conducting interviews for our newsletter.
- See the **Hope Spotlight** section for the answers to our questions.



Book Club

- We finished The Adventures of Huckleberry Finn and watched the 1993 movie starring Elijah Wood and Courtney B. Vance.
- **NOTE:** There has been a change in the Book Club schedule. The next book will be: **Holes by Louis Sachar**



- A comedy, mystery novel
- The story is about Stanley Yelnats who is sent to a camp after being arrested for stealing. At the camp, he is forced to dig holes day after day. But why are they digging holes? Is it just a punishment, or are they looking for something?
- Book Club meets on **Mondays 10am - 12pm** at the Sunshine Center in St. Pete.
- Call 727.249.1953 to register!

Dunedin News

Last Month in March

- **John Chandler** joined our Dunedin Aphasia Conversation Group! Welcome to Voices of Hope for Aphasia, **John**!

- **Two Outings:**
  - We had lunch at **Clear Sky Draught Haus** on March 15th. The food was delicious. It is on our list to try again!
  - We went to **Josiah Cephus Weaver Park** for a Photo Club/Picnic on March 22nd. It was a beautiful but chilly day by the water!
- **Arts & Crafts:**
  - We painted rocks for **St. Patrick's Day**. Meghan wrote **vohaphasia.org** on them. We "hid" them at the park on March 22nd.

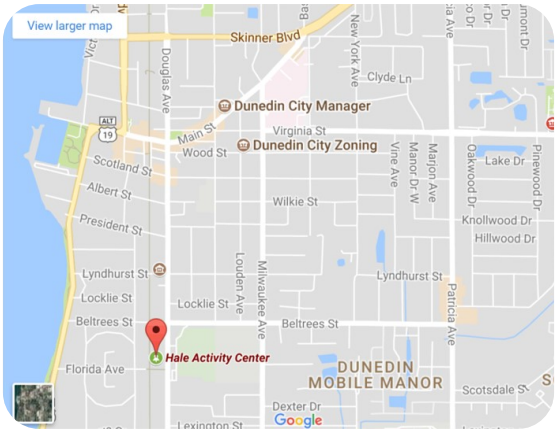
This Month in April

- Our April theme is **"Spring Has Sprung!"**

- Voices of Hope for Aphasia Spring Break is the week of **April 2-6**! **No** Dunedin groups will be held on **April 5th**!
- Join us for arts, games, & conversation when we return on **April 12th.**
- **STARS Workshop:** Home Practice with Dr. Jackie Hinckley
  - **Thursday, April 19, 2018, 10 AM – 12 PM**

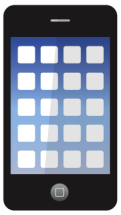
THE DANNIELLA MUHEIM STARS PROGRAM

- **STARS Workshop:** "The Best Home Practice" with Dr. Jackie Hinckley!
  - **Wednesday, April 18**, 10 am – 12pm
  - Sunshine Center, 330 5th St N, St Petersburg
  - **Thursday, April 19**, 10 am – 12pm
    - Hale Senior Center: 330 Douglas Avenue, Dunedin, Florida



  - Please call the Voices of Hope for Aphasia office at 727-249-1953 to pre-register!

- **STARS Tech Club**
  - **Dunedin**: Hale Senior Services Center on **every Thursday**, 11am – 12pm.
  - **St. Petersburg:** Sunshine Senior Activity Center on **every Wednesday**.

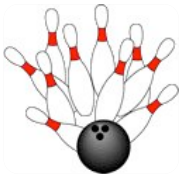


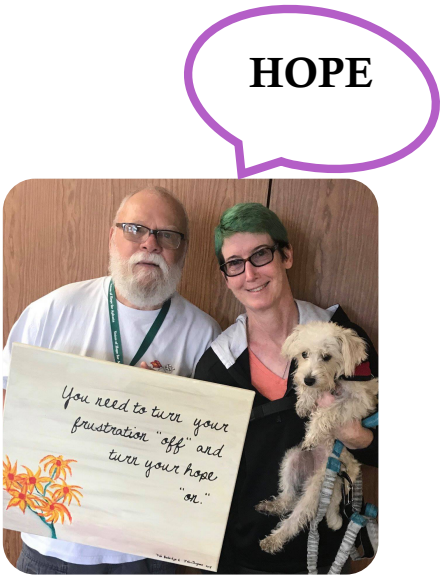
Member Spotlight

Dunedin:

Dennis

- My name is **Dennis Wagner.**
- I was born in Toledo, Ohio.
- My parents were Frieda and Donald Wagner.
- I have a brother, Dave, and a sister, Kathy.
- I worked at Kroger in the Seafood department for 30 years.
- I have been a musician for 66 years.
- I sing in my church choir.
- My favorite things are swimming, bowling, and playing farkle and euchre.





Hope Spotlight

The **"Hope Spotlight"** will feature people in our community who have raised money for Voices of Hope in innovative and fun ways. Some have started personal fund-raisers on Facebook, others have donated proceeds from sales on eBay, or generated donations while hosting an event on Evite. This month, we highlight **Ken Bado**, Chairman of the Board of the directors. The members wrote interview questions for Ken. The following are his answers:

1) Why are you interested in aphasia groups?
I have known Mike Caputo since 1989. Like most people, I was not familiar with the term aphasia until Mike had his stroke in 2009. Mike was looking not only to deal with his own challenges, but for ways to help others with aphasia. It was his idea to create Voices of Hope for Aphasia. In 2012 I accepted his offer to be president and build a board and begin to fund Voices of Hope for Aphasia.

2) How do you get people/the public to donate to something they don't know about - like aphasia?
A few years ago, the answer "Aphasia" was worth $2000 on the show Jeopardy (the most difficult questions). My goal is to have aphasia be a $100 question (the easiest questions). Aphasia is one of the best-kept secrets in America today. It is only when I describe what aphasia is, that someone will realize they know someone with aphasia. I explain the emotional challenges many people with aphasia face. I call them, "issues of the heart". I explain that Voices of Hope for Aphasia is about helping people with aphasia deal with issues of the heart. I explain that sometimes people with aphasia feel embarrassed and reluctant to engage with the community. Voices of Hope for Aphasia works to rebuild self-confidence and self-esteem of its members.

3) What do you do for fun?
I spend time with my grand children, travel and play lots of golf (yet still, I am quite mediocre).

From everyone at Voices of Hope for Aphasia, **THANK YOU, KEN** for your commitment to our organization!

VOICES OF HOPE FOR APHASIA
www.vohaphasia.org

Pre-registration is required for all programs.
Call us at 727-249-1953. Thank you for your cooperation!

April 2018

Monday St P Sunshine Center	Tuesday	Wednesday St P Sunshine Center	Thursday Dunedin Hale Center	Friday location as noted
Apr 2	**Apr 3**	**Apr 4**	**Apr 5**	**Apr 6**
NO PROGRAMMING – BREAK WEEK				
Apr 9 **10:00 – 12:00** Aphasia Book Club* OR Short Story Club **1:00 – 2:00** Spelling Group OR Writing Group	**Apr 10** NO PROGRAMS	**Apr 11** **10:00 – 12:00** Current Events and Cooking & Food Group 10:00 – 12:00 Caregiver Group **1:00 – 2:00** Science Club	**Apr 12** **10:00 – 12:00** Aphasia CAN OR Tech Club **1:00 – 3:00** Conversation Club	**Apr 13** NO PROGRAMS
Apr 16 **10:00 – 12:00** Aphasia Book Club* OR Short Story Club **1:00 – 2:00** Spelling Group OR Writing Group	**Apr 17** NO PROGRAMS	**Apr 18** **10:00 – 12:00** **STARS Workshop** "How to practice at home" by Dr. Jackie Hinckley **1:00 – 2:00** Travel Club	**Apr 19** **10:00 – 12:00** **STARS Workshop** "How to practice at home" by Dr. Jackie Hinckley **1:00 – 3:00** Conversation Club	**Apr 20** NO PROGRAMS
Apr 23 **10:00 – 12:00** Aphasia Book Club* OR Short Story Club **1:00 – 2:00** Spelling Group OR Writing Group	**Apr 24** NO PROGRAMS	**Apr 25** **10:00 – 12:00** Current Events and Cooking & Food Group 10:00 – 12:00 Caregiver Group **1:00 – 2:00** Science Club	**Apr 26** **10:00 – 12:00** Aphasia CAN OR Tech Club **1:00 – 3:00** Conversation Club **10:00 – 2:00** **"I have aphasia – Now what?" Workshop** Largo Med	**Apr 27** **10:00 – 2:00** **"I have aphasia – Now what?" Workshop** Largo Med

Conversational Lunch: A great time to socialize with friends – **EVERY MON, WED & THURS 12 -1**

April calendar can be downloaded from our website at

http://www.vohaphasia.org/events/

Happy Birthday From Voices of Hope