

M A Y 2 0 1 8

Hope Is...



Session A:

NO PROGRAM on the following days:

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



Come See What We Are All About!



Mondays

10:00 am – 2:00 pm

Sunshine Center
330 5th Street North
St Petersburg, FL 33701

Wednesdays

10:00 am – 2:00 pm

Sunshine Center
330 5th Street North
St Petersburg, FL 33701

Thursdays

**10:00 am – 12:00 pm AND
1:00 pm – 3:00 pm**

Hale Activity Center
330 Douglas Ave.
Dunedin, FL 34698

May is...

National Stroke Awareness Month

&

Better Speech and Hearing Month



Upcoming Events

Work Out Your Words

- **Friday, May 11th, 2018**
- Stroke Survivor Fitness Class that synchronizes speech and movements
- FREE and OPEN to the PUBLIC
- Schedule: **10:00 am:** Sign in
10:30 am: Work Out
11:30 am: Lunch
- Offered at both locations:
 - **St. Pete Main Library**
 *Please bring a bag lunch
 - **Hale Activity Center**
 *Lunch at Marguerite's Café

Help Wanted!

- Do you know a **therapist, doctor**, or other **professional** who refers people to stroke and aphasia groups and helps to keep them active?
- We want to thank them with a special **"thank you" basket** from Voices of Hope for Aphasia.
- **Nominate** that person on our website!
- Let us know if you'd like to help us make a personal delivery.



Upcoming Events

“I Have Aphasia, Now What?”

- One-day workshop: May 17th, 10am-2pm

- **Poynter Institute**

801 3rd St South

St Petersburg, FL 33701

- For details and registration, visit our website.



2018 Conference: BRIDGE

- 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.
- **October 19 & 20, 2018**



Founder's Cruise 2019

- **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
- To book or for more information, contact our Aphasia-Friendly Cruise Specialist, **Sandy Christiansen, at 214-649-6025.**



St. Pete News

Kaley's Corner

- I've met people who truly understand me.
- I finally fit in; I found a place where I am loved for me.
- Everyone here means the world to me.
- They're so kind and welcoming.
- I know they have my back like I got theirs.
- I am grateful for things like Nancy's cheerful attitude, the love and support I got when my dad passed, and the activities like book club.
- A funny memory is when I surprised everyone at the planetarium and Nancy freaked out!



Short Story Group

- Short Story group was led by Alyssa, Jackie and Stephanie this month.
- They read:
 - Barbara Bush's Short Biography
 - The Bogey Beast by Flora Steele



Thank You & Good Luck!

- This month, St Pete said farewell and good luck to some volunteers and students:
 - Lauren
 - Kaylee
 - Vanessa
- Best wishes in your next adventures!

St. Pete News

Food and Travel Groups

- Our Wednesday group has travelled to Italy and New Orleans.
- Members prepared special dishes for the group to try!
- Dave and Quentin told us about their adventures hunting alligators!



- Laissez les bon temps rouler!
- We also sampled unique foods from around the world!
- Have you ever tried:

- Mocha
- Pocky
- Rambutan
- Eddoes
- Congealed salad



Across the State

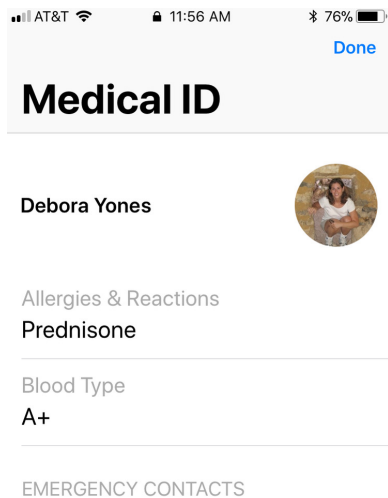
- On Wednesday, **April 25th**, the St Pete Voices of Hope group met the **Brooks Aphasia Center Group** in Jacksonville FL.
- We video conferenced with 12 other people with aphasia. Everyone introduced themselves, and they asked questions about the groups.
- We learned that Brooks has many activities like ours. They also do adaptive sports like bowling and surfing!
- It was nice to meet you, Brooks Aphasia Center! We hope to talk to you again soon!



St. Pete News

Spelling Group

- The spelling group has been working on personal information and check writing.
- We practiced writing them ourselves, and using technology to store important information.
- Ask us about the **Medical Alert** information on smart phones or attend one of our STARS sessions!

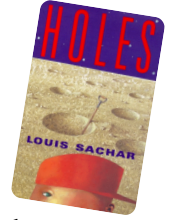


Writing Group

- Writing Group has been writing questions for Spotlight interviews.
- See **Jackie** and **Ann's** spotlight below!



Book Club



- Book club has grown to 6 members.
- We are reading Holes by Louis Sachar
- Each week, we read 6 chapters and then discuss them together.
- Our discussions include:
 - The advantages and disadvantages of youth reform camps
 - Curses versus coincidences
 - The power of positive thinking
- We solved palindromes like our main character: Stanley Yelnats (the same written forward and backward)
- We found our Super Hero nicknames:
 - Ann "Captain Kiwi" English
 - John "Major Graham" Dingman
 - Al "Captain Cookie Dough" Pollak
 - Trish "Professor Sprinkles"
 - Terri "Professor Pineapple" Miller
 - Kaley "The Powerful Strawberry"

Dunedin News

Last Month in April

April was a short but eventful month for Team Dunedin!

- **April 10th:** A group of us presented to students in the **Palm Harbor University High School Medical Magnet Program**.
 - Presenters: SLP & Program Coordinator **Cyndee Bowen**; USF SLP Student Intern, **Meghan Hemstreet**; Voices of Hope for Aphasia members, **Trish Hambridge** and **John Dingman**.
 - Cyndee and Meghan told the students about the field of Speech-Language Pathology; education & licensing requirements; and what it's like to be an SLP graduate student.
 - Trish and John educated and answered questions about what it's like to live with aphasia. They wrote their stories with support and read them independently in five different classes of students!
 - Feedback was positive, and we've been asked to return next year.
- Our Spring Semester USF SLP student, **Meghan**, completed her Advanced Practicum with us. We appreciate the many contributions she made to our program and wish her the best of luck as she launches her career!



Dunedin News

This Month in May



- May is Better Hearing and Speech Month!
- Our theme this month is “**Memories in May!**”
- Our groups will explore art & music; celebrate birthdays & Mother’s Day; and remember & honor our Veterans.
- A Lunch and Conversation outing is in the works. Be on the lookout for flyers and sign-up sheets.
- **Two new student interns** will join us in May!
 - **Mason Gehring** is an Arts in Medicine graduate student from the University of Florida. She observed our Dunedin programs in April.
 - Mason will work with our members at both Voices of Hope for Aphasia locations!
 - Welcome to the Voices of Hope family, Mason! We look forward to learning from you!
 - Our **USF SLP** intern will start later in the month.
- **This Memorial Day and always, Team Dunedin extends our gratitude and respect to our members and family of members who served our country.**





STARS in April

- April was a great month!
- **Dr. Jackie Hinckley** presented a STARS Workshop: How to Practice Speech Therapy At Home.
- Dr. Hinckley presented at the Sunshine Center in St. Petersburg on April 18th and at the Hale Center in Dunedin on April 19th.
- This was our most popular STARS Workshop to date!
- Next STARS Workshop is scheduled for Wednesday, **June 13th** & Thursday, **June 14th**.



STARS in May

- Outing: **Bay News 9 Studios Tour**
- **Tuesday, May 29, 2018**
- **10:00am to 11:00am**
- Join us for Lunch & Conversation after the Tour at Panera Bread!
 - 2285 Ulmerton Road
Clearwater, FL
- Pre-registration is required!
- Please call the Voices of Hope for Aphasia office at 727-249-1953 to reserve your spot!



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

Member Spotlight

Ann English



- **Where were you born?**
 - I was born in Wayneboro, Georgia
- **How long ago was your stroke?**
 - My stroke was in June 2017.
- **What is your favorite food?**
 - My favorite food is seafood:
Salmon, trout, and catfish.
- **What was your career?**
 - My career is customer service,
Tyrone Mall.
- **Do you have kids?**
 - I have 5 kids: 3 girls, 2 boys.
- **Do you have pets?**
 - No!!
- **How did you hear about VOH?**
 - A speech therapist at St. Anthony's
told me.
- **Why do you enjoy VOH?**
 - Help me communicate and get away
from home.
- **What are your hobbies?**
 - TV games (The Price Is Right!) and
shopping
- **Tell us about your family.**
 - I have 10 siblings, in fact triplets!
I'm married, Jerry. My kids have 9
kids. I have 3 great grandchildren.



Pre-registration is required for all programs.
Call us at 727-249-1953 or email info@vohaphasia.org. Thank you for your cooperation!

May 2018

Monday St P Sunshine Center	Tuesday	Wednesday St P Sunshine Center	Thursday Dunedin Hale Center	Friday Location as noted
Apr 30 10:00 – 12:00 Aphasia Book Club OR Short Story Club 1:00 – 2:00 Spelling Group OR Writing Group	May 1 NO PROGRAMS	May 2 10:00 – 12:00 Current Events and Cooking & Food Group 1:00 – 2:00 Travel Group	May 3 10:00 – 12:00 Aphasia CAN OR Tech Club 1:00 – 3:00 Conversation Club	May 4 NO PROGRAMS Don't Forget: Stroke Retreat at Tampa General Hospital on May 5 th
May 7 10:00 – 12:00 Aphasia Book Club OR Short Story Club 1:00 – 2:00 Spelling Group OR Writing Group	May 8 NO PROGRAMS	May 9 10:00 – 12:00 Current Events and Cooking & Food Group 10:00 – 12:00 Caregiver Group 1:00 – 2:00 Science Group	May 10 10:00 – 12:00 Aphasia CAN OR Tech Club 1:00 – 3:00 Conversation Club	May 11 Work Out Your Words: Stroke Survivor Fitness, synchronizing speech and movement. 10 am sign-in , St Peter OR Dunedin locations. See website for details.
May 14 10:00 – 12:00 Aphasia Book Club OR Short Story Club 1:00 – 2:00 Spelling Group OR Writing Group	May 15 NO PROGRAMS	May 16 10:00 – 12:00 Current Events and Cooking & Food Group 1:00 – 2:00 Travel Group	May 17 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 Poynter Institute	May 18 NO PROGRAMS
May 21 10:00 – 12:00 Aphasia Book Club OR Short Story Club 1:00 – 2:00 Spelling Group OR Writing Group	May 22 NO PROGRAMS	May 23 10:00 – 12:00 Current Events and Topic to be selected 10:00 – 12:00 Caregiver Group 1:00 – 2:00 Topic to be selected	May 24 10:00 – 12:00 Aphasia CAN OR Tech Club 1:00 – 3:00 Conversation Club	May 25 NO PROGRAMS
May 28 NO PROGRAMS	May 29 STARS OUTING BayNews9 Studio Tour 10:00am – 11:00am Registration is required! Space is LIMITED!	May 30 10:00 – 12:00 Current Events and Topic to be selected 1:00 – 2:00 Topic to be selected	May 31 10:00 – 12:00 Aphasia CAN OR Tech Club 1:00 – 3:00 Conversation Club	June 1 New Members Lunch A fun, casual way to welcome our new Voices of Hope members. Location TBA

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

May calendar can be downloaded from our website at

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

Happy Birthday From Voices of Hope

