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# Aphasia Center of California

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Volume 10 Issue 2 ♦ Fall 2007

## USA-Japan Aphasia Friendship Day

*“True happiness lies in giving to others.”*

*--Indian Proverb*

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*By Martha Lynch and  
Roberta J. Elman, Ph.D.*

On Saturday, June 16, 2007, stroke survivors from Japan co-sponsored a program with Aphasia Center of California participants at the North Berkeley Senior Center. More than 35 Japanese stroke survivors and family members traveled to the Bay Area to meet members of the Aphasia Center of California. Both groups gathered together for a fun filled and inspiring day.

Laughter and conversation highlighted the event. The room was filled with 16 tables—each had stroke survivors and family members from Japan, stroke survivors and family members from the Aphasia Center of California, and a Japanese student studying English in San Francisco, who



*Visitors from Japan introduce themselves*

served as an interpreter. The tables were animated with both conversation and gesture, as Japanese and American stroke survivors found ways around their language barriers in order to communicate with one another. Although the language and culture were different, participants soon found out that the effects of their strokes had been very similar, and they had much in common.

The event began with a getting to know you activity. Participants shook

hands and sang “Good morning To You.” Mr. Endo, the speech therapist from Japan, and Dr. Roberta Elman from the Aphasia Center of California, then welcomed everyone to the event.

Japanese stroke survivors and family members then introduced themselves and revealed basic information about their strokes. Stroke survivors and family members from Japan wore beautiful handmade name badges with a large “F” in the middle.

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**Our Mission statement:** *The mission of the Aphasia Center is to encourage and expand communication and psychosocial well being for those with aphasia. We are dedicated to helping families and stroke survivors understand the ramifications of stroke and aphasia on their daily lives and to improve the quality of life for all those affected.*

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## Walk-to-Talk Sets a Record

By Roberta J. Elman, Ph.D.

Saturday, June 30<sup>th</sup> proved to be a very special day for the Aphasia Center of California's 5<sup>th</sup> annual "Walk to Talk." ACC participants, family members and friends helped to raised a record \$25,000 for program services at the ACC! Beautiful blue skies greeted the more than 85 people who joined ACC staff and volunteers to walk or roll around the 3-mile course at Lake Merritt in Oakland, CA. Participants were entertained by several groups of musicians this year. To start the morning, Susan Musicant and Sharon Medairy from Women's Contra Dance got our bodies moving with their toe tapping fiddle playing. ACC participant, Kam Jam Miller, introduced his granddaughter, La Ray Hunter, who sent shivers down our spine with her rousing rendition of the Star Spangled Banner. At the end of the event, we enjoyed listening to Howard Zugman and Jeanette Asselin,



*The 2007 Walk to Talk participants gathered at Lake Merritt*

the "One-World Entertainers," as they sang show stopping tunes while we cooled off from the walk.

The "Walk to Talk's" record setting total was made possible by the more than 100 people who raised funds for the ACC. Thank you to everyone who

helped raise contributions for people living with aphasia! Two families went the extra mile in raising donations: Jim and Patty Santanna broke their previous record by raising more than \$4,000 for the ACC! And John, Nancy & Dorry Jankowski brought in more than \$2,700! A special thank you, too, to Dean McCully who helped us go "electronic" this year and raise donations directly from our website.

We also received a record number of corporate in-kind donations! Please join us in thanking the following businesses and organizations for providing gift certificates and other merchandise for our participant drawing:

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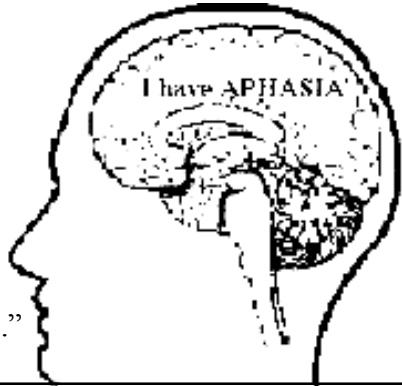
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# Aphasia Center News

**Aphasia** (uh fay' zhuh) n: an impairment of the power to use or comprehend words, usually acquired as a result of a stroke and sometimes from head injury or a brain tumor. More than one million Americans have acquired aphasia.

"Ijenti ferbis..."



## Education and Training Around the World

Aphasia Center of California's staff members are frequently invited to provide training to speech-language pathologists at home and abroad. In addition, during the last year, we have published two articles in *Topics in Language Disorders*, a peer-reviewed professional journal. Although the Aphasia Center programs may be physically located in California, our philosophy and clinical techniques continue to be shared with speech-language pathologists around the world!

## Book Connection™ Program Expands

The ACC's Book Connection™ is an innovative aphasia book club program developed by staff at the ACC. The Book Connection™ includes an instruction manual and curriculum materials for more than 18 popular books. These materials are used by speech-language pathologists to offer local book clubs that make popular literature accessible once again to

people living with aphasia. Currently, more than 20 aphasia book clubs have been formed with the ACC's Book Connection™—this includes book clubs in Canada, South Africa, and from sea to shining sea in the USA!

## Grants for Participants with Low Incomes

The Aphasia Center was the recipient of grants from the **Cisco Systems Foundation** and **Kaiser Permanente** to fund ACC services for those individuals with aphasia with low incomes. The Aphasia Center is seeing a dramatic increase in participants whose income places them at or below the poverty level. Thank you to Cisco Systems Foundation and Kaiser Permanente for helping us serve these very needy individuals!

## Your Quality Donations Needed

Don't forget the ACC when it comes to donating quality items. All money earned from the ACC's consignment program benefits the speech-language

treatment programs at the Center. We are looking for quality items throughout the year that can be sold. All quality furniture, costume and fine jewelry, vintage and new clothing, kitchenware, children's books, and collectibles are greatly appreciated. We cannot accept non-working electrical items, computers, or golf clubs. All donations are tax deductible to the extent allowed by the IRS. Please contact Elaine Ivankovich, Program Coordinator, to arrange for drop-off or pick-up at 925-687-9783 or 925-788-6261.

## Great News! The Aphasia Center Accepts Vehicle Donations

The Aphasia Center of California has teamed up with Donate For Charity, a company that specializes in processing vehicle donations for nonprofit organizations. Donate For Charity arranges for vehicle pickup, handles all the DMV issues, sells the vehicle at auction, and distributes the net proceeds to Aphasia Center of California. So if it's time to replace an older car, or if you have a boat and trailer that are just taking up space in the garage, consider making a donation. You'll avoid the headache of selling a used vehicle, help the Aphasia Center of California fund its ongoing efforts, and receive a tax deduction. When you're ready to donate, or if you have relatives or friends that wish to donate, simply call Donate For Charity toll-free at (866) 392-4483 or donate on-line at [www.aphasiacenter.org](http://www.aphasiacenter.org). We hope you'll take advantage of this opportunity and help us expand our commitment to improving the quality of life for all those affected by aphasia.

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January -June 2007

If we have made any errors in this listing, please accept our apologies and contact us at (510) 336-0112.

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## USA-Japan Aphasia Friendship Day



*Above: Participants try various Tai Chi movements. Below: the entire group gathers for a Friendship Day group photo.*

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The “F” represented *family, friendship, and future*. ACC staff then presented aphasia lapel pins to each stroke survivor from Japan as a gesture of welcome. Then it was time for members of the ACC to take the stage and tell about their own strokes. After this introductory activity, both groups realized how much they had in common.

Next a visitor from Japan shared her experiences as the wife of a stroke survivor. Speech-language pathologist, Ellen Bernstein-Ellis then interviewed ACC member, Martha Lynch. Martha spoke about the lessons she had learned from aphasia and shared advice to those living with the results of stroke.

Next lunch was served! Overflowing platters of beautifully prepared Japanese food were set out. Participants enjoyed mouth-watering

sushi, sashimi, lobster, shrimp, vegetables and dessert.

Following lunch, Mr. Endo showed color slides of the various activities of his aphasia program in Japan. Mr. Endo described how reading Dr. Elman’s book on group treatment, and learning about the Aphasia Center of California, had been the original

inspiration for him to start his program in Japan. It was thrilling to learn that our work at the ACC has made such a significant impact around the world!

Then it was time for some exercise. Enid Meyer, ACC Board member, led the group in Tai Chi exercises to build balance and strength. Her activities were slow and beautiful and had everyone moving. We then joined Liz Lang, ACC student intern, for the song “Head, Shoulders, Knees and Clap.” This was quite a challenge as participants had to learn both the English and Japanese versions of the song!

With great feelings of warmth, the event concluded with stroke survivors, their family members, and speech-language pathologists standing in a large circle, holding hands, and singing “Auld Lang Syne.”

Meeting stroke survivors from Japan and making new friendships, made this day truly special. Everyone departed US-Japan Aphasia Friendship day feeling happy, inspired, and closely connected to people living with aphasia around the world.



## Walk to Talk Sets A Record

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Crogan's Restaurant-Montclair, Oakland; Natural Grocery Company, El Cerrito; Elephant Pharmacy, Berkeley; El Jarro Restaurant, Lafayette; Glenview Flowers, Etc., Oakland; Italian Colors Ristorante-Montclair, Oakland; Kai's Restaurant, Alameda; Long's Drugs-Rockridge, Oakland; National Aphasia Association, New York; Neldam's Bakery, Oakland; Pac & Save-Emeryville, Emeryville; Pastino's Pasta & Pizza, Oakland; Peet's Coffee and Tea, Oakland; The Rising Loaf Café & Bakery, Lafayette; Rite Aid-

Montclair, Oakland; Safeway-Rockridge, Oakland; Svenhard's Swedish Bakery, Oakland; Toni & Company, Oakland; Trader Joe's, El Cerrito; and Ultimate Grounds, Oakland.

Our raffle table was filled to the brim with lovely hand made creations by the following ACC participants and family members: Sierra Briano, Dori Ellis, Enid Meyer, Judi Briano, Dixie Lewis, and Marj Greenhut.

Special kudos are extended to the event volunteers who made it all look easy: Enid Meyer, Sid Dommes,

Esther Akiba, Mary Lew, Bill Wong, Steve Fry, Dan & Diana Sullivan, Dan Sullivan, Jr., Sue Ewing, Loran Clay, Pat Woodward, Liz Lang, Elaine Ivankovich, Cathleen Carey, Prudence Ashley, and Rich Laufenberg.

The Aphasia Center of California is a small not-for-profit organization that manages to accomplish a lot with a little. And we couldn't do it without every single one of you—so please join me in a round of applause to everyone who helped make this year's "Walk to Talk" a record setting event!

## Walk to Talk Donors 2007

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