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# Aphasia Center of California

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Volume 12 Issue 1 ♦ Spring 2009

## **Forward Motion-The Magic Ingredient**

*“We cannot direct the wind, but we can adjust the sails.”*

--Anonymous

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**By Roberta J. Elman, Ph.D.**  
*President and Founder,  
Aphasia Center of California*

Over the last 25 years of my career as a speech-language pathologist, I have given a lot of thought about living successfully with aphasia. I’ve wondered why it is that some people adjust much more easily to living life as a stroke survivor compared to other people. The people who adjust most easily seem to be those that relish the challenge of reinventing themselves. They enjoy finding new ways of solving problems and finding new ways of being. These people seem to have a natural gift for looking forward.

*Continued on page 2*



*Participants in the Sixth Annual Walk to Talk, rounding Lake Merritt last year*

## **Join our Seventh Annual “Walk to Talk” Raise Funds and Awareness!**

**What:** The Aphasia Center of California’s Seventh Annual “Walk to Talk” is a fund-raising event to raise funds for our programs. Our “Walk to Talk” will feature a 1/4 mile and 3 mile untimed walk/run.

**When:** Saturday, June 27<sup>th</sup>, 2009. The walk will begin at 10:00am.

**Where:** Lake Merritt, Oakland. Walk starts at the Downtown Oakland Senior Center at 200 Grand Avenue.

**How:** Companies and individuals, from walkers with kids to seasoned athletes to people with their dogs on leashes can participate in this event to benefit the Aphasia Center. Help the Aphasia Center by sponsoring an Aphasia Center participant, asking friends and family for donations, or joining us for the walk. Please contact Roberta Elman (510) 336-0112 to receive a walk packet or for more information.

### **Inside:**

Eric Liu ..... page 2

Aphasia Center News ... page 3

Thanks to our Donors ... page 4

ACC Annual Report ..... page 5

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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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## **Eric Liu: Never Give Up**

Eric Liu is 28 years old, a Stanford graduate, and a stroke survivor. Eric didn't know, prior to his stroke, that he had Moyamoya disease, a rare progressive cerebrovascular disorder in which brain arteries become blocked. As Eric worked out at the gym on May 17<sup>th</sup>, 2007, he sustained a stroke that resulted in aphasia as well as right-sided weakness. In the past 2 years, Eric has attended many different therapy programs in order to recover his language and motor skills.

Eric admits that he had never heard of aphasia before his own stroke. He currently attends the Aphasia Center of California twice a week in order to talk to other stroke survivors with aphasia about "what's going on" with them. Eric contributes a lot to the group conversations especially given his education and experience. He received his B.A. in economics from Stanford but always had a passion for life sciences. His jobs at Franklin Templeton Investments, Navigant



*Eric Liu at the Aphasia Center of California.*

Consulting, and Pricewaterhouse Coopers managed to combine his love of business and science.

Eric says he enjoys the groups at the ACC because he gets practice

talking. He also says it really helps to know that others are dealing with aphasia. Eric has always enjoyed helping others and currently volunteers twice a week at the UCSF Children's Hospital preschool. His ultimate goal is to go back to school to become a mathematics teacher.

Eric loves all types of sports and is also a talented musician who plays three instruments—violin, piano, and clarinet. Just last month, Eric picked up the violin for the first time since his stroke. He knows it will take a lot of practice, but he plans to play the violin again.

Eric proves that a stroke can happen to anyone at any age. He has some great advice for other stroke survivors: keep trying and never give up!

## **Forward Motion**

*Continued from page 1*

As it turns out, "forward motion" is a phrase that I had often heard my father say when we went sailing. As I pushed his Cal 24 sailboat out from its slip, he would shout, "give me forward motion." This was to remind me to pull the sailboat in the direction we wanted to go, so the boat wouldn't

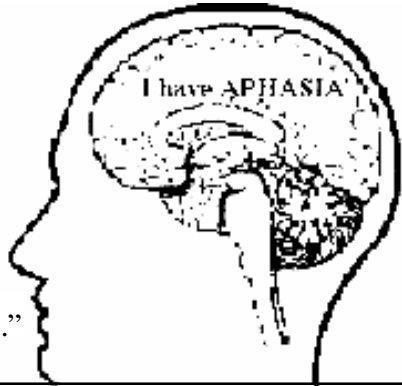
continue its backward momentum and end up on the rocks next to the dock.

Forward motion. I'm more and more convinced that this is the magic ingredient in living successfully—with or without aphasia. And at the Aphasia Center of California, it's what we help stroke survivors with aphasia find: A life filled with aspirations, accomplishments, and hope for the future.

# 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..."



## June: National Aphasia Awareness Month and California Aphasia Awareness Month!

Help the ACC raise awareness of aphasia. Increasing the awareness of aphasia will help us to provide needed services, improve research funding, and reduce the isolation often caused by aphasia. You can help us to raise aphasia awareness by educating your friends and family about aphasia. Join us at our "Walk to Talk" event in June at Lake Merritt. Whenever you can, educate people about aphasia and give them the website address of the Aphasia Center of California so they can learn more: [www.aphasiacenter.org](http://www.aphasiacenter.org)

## Spring Cleaning?

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.

## Do You Shop at Lucky, Food Maxx or Savemart?

Lucky, FoodMaxx, and Savemart will donate money to the Aphasia Center of California every time you shop! Just call the Aphasia Center and ask us to mail you a Shares Program card. It's super simple, doesn't cost a thing, and you don't need to give any personal information. Each time you buy groceries, you just hand your Shares Program card to the clerk, and Lucky, FoodMaxx and Savemart will automatically donate 3% of your total grocery bill to the ACC. So please call us today to get your free Shares Program card and start helping the ACC every time you buy groceries!! To get your Shares Program card, please call us at 510-336-0112.

## 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 online 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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July-December, 2008

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

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*Continued on page 6*

# ACC 2008 Annual Report

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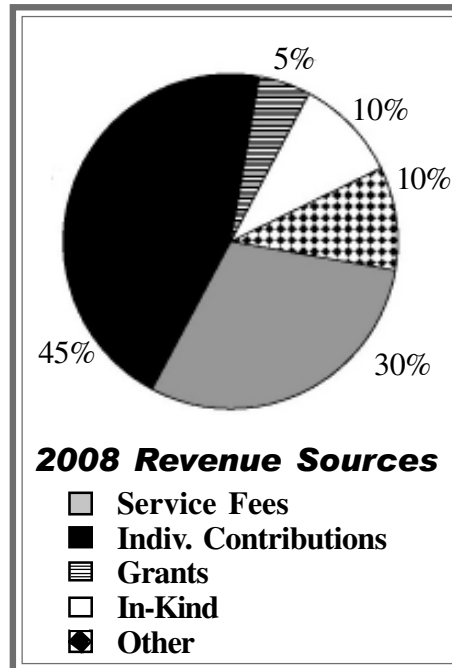
Total Visits: 4347  
 Group Communication Treatment Visits: 1914  
 Individual Speech-Language Treatment Visits: 124  
 Reading & Writing Classes: 419  
 Club Aphasia: 725  
 Fitness & Relaxation Classes: 916  
 Educational Stroke Group Series: 249  
 Information & Referral (includes phone, mail, and e-mail): 1984  
 Web site hits to date: 62,000+

## ORGANIZATION & CORPORATE DONATIONS

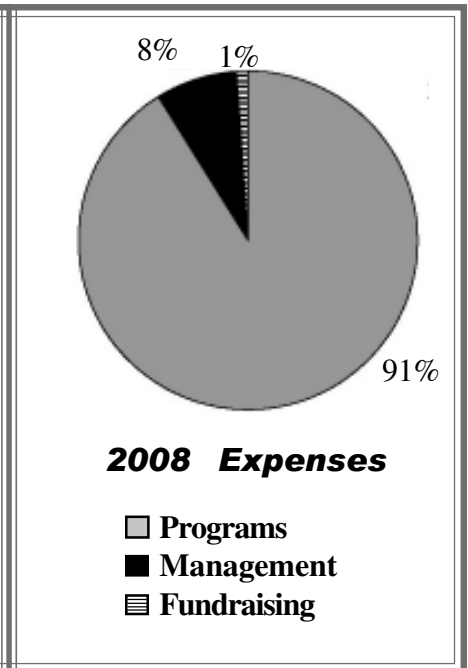
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 Elephant Pharmacy—Berkeley  
 El Jarro Restaurant—Lafayette  
 Francesco's Restaurant—Oakland



Italian Color's Restaurant—Montclair/Oakland  
 Jaunty—San Ramon  
 Kai's Restaurant—Alameda  
 La Strada Restaurant—Richmond  
 Leah's Closet—Martinez  
 Long's Drugstore—Rockridge/Oakland  
 National Aphasia Association—New York  
 Natural Grocery Company—El Cerrito  
 Pac & Save—Emeryville  
 Palace Nails & Wax—Oakland  
 Pastino's Restaurant—Oakland  
 Peet's Coffee & Tea—Lakeshore/Oakland  
 Red Boy Pizza—Oakland  
 The Rising Loaf Café & Bakery—Lafayette  
 Safeway—Alameda  
 Second to None—Walnut Creek  
 Skye Salon—Oakland  
 South Shore Car Wash—Alameda  
 Svenhard's Swedish Bakery—Oakland  
 Tomatina Restaurant—Alameda



Trader Joe's—El Cerrito  
 Ultimate Grounds—Oakland

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Continued from page 4

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