

Support Group

Join our support group for information and help in coping with the effects of a stroke.

Next Meeting Tuesday, July 8

Speaker:
Steve Morgheim,
Skipper's Cupboard

Topic:
The benefits (and challenges)
of being a pet owner
after illness

When:
11:30 a.m. to 12:30 p.m

Where:
Medical Plaza South
Conference Room 1
(across from the Community Pharmacy)

If you can't make it in person next month, join the Stroke Support Group by listening on your phone or by downloading the Zoom Meeting app onto your phone or computer. <https://www.zoom.us/download>

Join Zoom meeting
<https://RNHN.zoom.us/j/92721301514?pwd=suBS9p9eZjrgy2MP9yCxxMn4tzqiaa.1>

Meeting ID: 927 2130 1514
Passcode: 244660

Recap of June meeting

Aphasia after Stroke

Our speaker was Tom Broussard, PhD, founder and President of Aphasia Nation, Inc. Tom is a three-time stroke survivor and is called the Johnny Appleseed of aphasia awareness.

First let's define aphasia (Uh-Fay-zhuh). Aphasia is an impairment of language due to an injury to the brain. Most commonly, aphasia is caused by a stroke but it can also be caused by head trauma, brain infection, or brain tumor. It can affect both the production and comprehension of speech while impacting the ability to read or write.

Dr. Broussard stated that, for him, his initial stroke symptoms not only affected his ability to speak and read, they also affected his awareness that he even had a problem with his speaking and writing. He said it took several months for the "light to come on" before he knew that what he was attempting to communicate was not making much sense. That was the beginning of understanding how a damaged brain can begin to repair itself.

His five rules to aphasia recovery are: motivation, practice, practice, more practice, and more speech and language pathologists.

In other words, it will take more than "twice a week" speech therapy; it will take an "all hands-on deck" approach to have an impact toward recovery.

He encouraged all stroke survivors to:

- Share your personal story so people understand what aphasia/stroke is
- Teach people about aphasia/stroke
- Learn from others about their aphasia/stroke recovery journey
- Help the healthcare system improve by being an advocate for aphasia/stroke care

Tom can be reached at:
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www.AphasiaNation.org

www.StrokeEducator.com
www.heart.org/SupportNetwork

Questions? Contact Gene McDowell at 308-630-1440 or Gene.Mcdowell@rwhs.org.