

Stroke Support Group

358 North Pleasant Street, Amherst, MA 01002

Second Saturday of every month, 10:30 am – 12:00 pm

Hello friends!

A special welcome to all the new faces we saw at this month's meeting! We're always so happy to see our group grow. Our conversations this month were a wonderful mix of caregiver appreciation, mindfulness resources, and aphasia awareness. See you all next month!



Happy Belated
Birthday to **Bill**,
whose birthday
was on June 7!
Best Birthday wishes
Bill!



Upcoming Events

July 8

Tech Talk - 9:30 am

June SSG Meeting -
10:30 am

August 12

Tech Talk - 9:30 am

July SSG Meeting -
10:30 am

September 9

Potluck BBQ – 12:00
1141 South East Street
Amherst, MA

SSG Facebook Page

Remember to email
Paula at
phbehnken@gmail.com
to request an invitation
to the UMass SSG
Facebook page.

June is Aphasia Awareness Month!

What is Aphasia?

Aphasia is an acquired neurogenic language disorder resulting from brain injury, most likely in the left hemisphere. Aphasia can affect spoken language expression, language comprehension, reading comprehension, and written expression.

Different Types of Aphasia

- Broca's Aphasia
- Wernicke's Aphasia
- Conduction Aphasia
- Global Aphasia
- Anomic Aphasia
- Transcortical Sensory Aphasia
- Transcortical Motor Aphasia

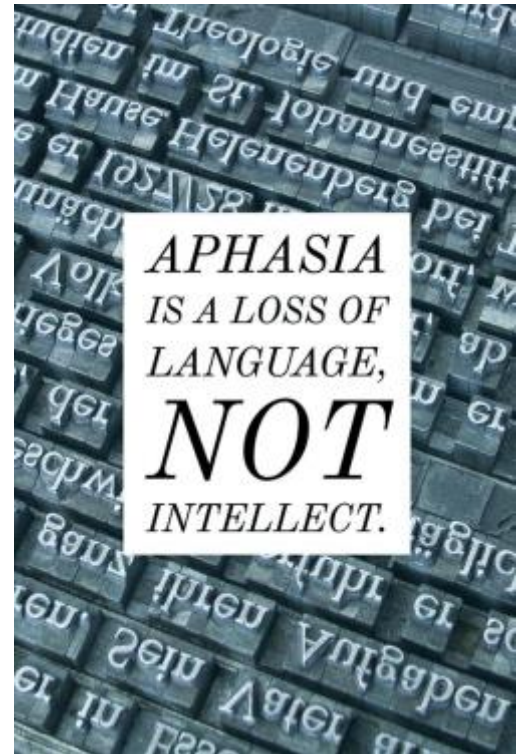
Stroke is the most common cause of Aphasia

- **Ischemic** – caused by blockage that disrupts the blood flow to the brain
- **Hemorrhagic** – caused by a ruptured blood vessel that damages the surrounding brain tissue
- **Transient Ischemic Attack** – temporary blockage of blood flow to the brain that may signal a full-blown stroke ahead; sometimes called a “mini-stroke”

**** transient ischemic attacks don't initially cause permanent damage, but be sure to report them to your doctor because it may be a warning sign**

For more information on Aphasia, visit the American Speech and Hearing Association's website:

<http://www.asha.org/public/speech/disorders/Aphasia/>



STROKE STATISTICS

Left Hemisphere	54%
Right Hemisphere	46%

What is Apraxia?

Apraxia of speech is a neurogenic speech disorder that reflects an impaired ability to plan or program motor commands related to producing speech. Apraxia commonly co-occurs with Aphasia and Dysarthria.

Causes of Apraxia

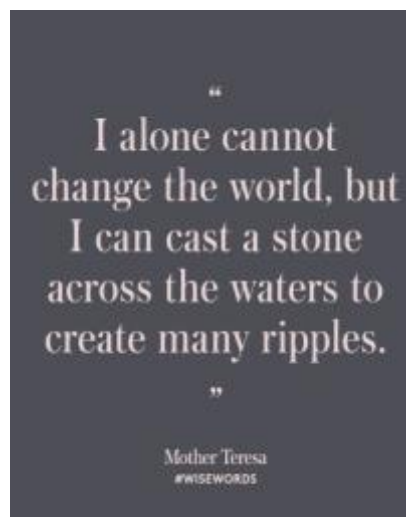
- Stroke
- Traumatic Brain Injury
- Tumor
- Surgical Trauma
- Neurodegenerative Disease

For more information on Apraxia, visit the American Speech and Hearing Association's website:

<http://www.asha.org/Practice-Portal/Clinical-Topics/Acquired-Apraxia-of-Speech/>

Keep in mind the importance of **ADVOCACY!**

Not everyone you encounter will know about Aphasia, Apraxia, or any other effects of surviving a stroke! Be an advocate and draw awareness whenever you feel empowered to!



Why Advocate?

"Unless someone like you cares a whole awful lot, Nothing is going to get better. It's not."

- Dr. Seuss, The Lorax



Exercise your body and mind!

Donna Brooks offers a holistic approach to yoga that accommodates the individualized needs for Parkinson's patients and Stroke Survivors

214 State Street
Northampton, MA
413-584-2052

