

DECEMBER NEWSLETTER

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MEETING SUMMARY

The December meeting saw a great turnout, with friends old and new filling the space. As usual, conversation was rich and meaningful. The group discussed living with anger, depression and boredom after a stroke. Many members shared their personal ways of coping. Stew reframes his experience as being “retired early”. Bill and Larry release stress at the gym. John, Audete, and Jeannie share their stroke survivor experience with the next generation. As for Susan, see below!



Events and Resources

- Healing Harmonies Choir
 - This choir is designed for individuals who are experiencing problems with their voice, language, or speech.
 - Meets from 6-7:30 pm at Friends Church in Leverett
 - Dates: Tuesdays, starting February 5th
 - For more information, contact Lisa Sommers at 413-545-4010.
- Web based learning
 - Constant Therapy
 - This mobile application has a wide variety of tasks to help with many skills, including reading, speaking, and daily math.
 - Costs \$17.95 per month
 - Rosetta Stone
 - Some people with aphasia may benefit from the simple yet adult language the program uses.
 - News for You and Newsela
 - Current news presented in language that is easier to read and understand.

H A P P Y N E W Y E A R !!!

Hope to see you at our next meeting - **January 5th**
9:30 for Tech Talk
10:30-12 for General Meeting