**June Newsletter**

**Stroke Support Group**

358 North Pleasant Street, Amherst, MA 01002  
Second Saturday of every month, 10:30 am – 12:00 pm

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**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!

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

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**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

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**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

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!

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/

"I alone cannot change the world, but I can cast a stone across the waters to create many ripples."

- Mother Teresa

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

- Dr. Seuss, The Lorax
Mindfulness Resources in the Community
Exercise your body and mind!

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

104 Russell Street
Hadley, MA
413-230-1260

Insight Meditation Center of Pioneer Valley
Their mission is to share the Buddha’s teachings to help sustain and deepen meditation practices to bring wisdom and compassion into daily life.

116 Pleasant Street
Easthampton, MA
413-527-0388

All Out Adventures
Their mission is to promote health, community, and independence for people with disabilities and their family and friends through outdoor recreation.

214 State Street
Northampton, MA
413-584-2052

Words of Wisdom from our Wonderful Caregivers on the Recovery Process following a Stroke

“Make it funny!”

“You have to be tough and resilient”

“Balance is key”

“Slow and steady”

“Things could always be worse”

Thank you so much to all the amazing caregivers! Everything you do is truly invaluable!