



REBUILDING COMMUNICATION

# BUILDING Bridges



**Building Bridges** – Newsletter of the Aphasia Institute – The Aphasia Institute is a Canadian community-based centre of excellence, pioneering programs and practices that help people with aphasia learn how to communicate in new ways and begin to navigate their own lives again. Through direct service, research, education and training, the Aphasia Institute has built an international reputation as a world leader and educator in aphasia.

## Thank You for Another Successful Annual Appeal!

With your generous contributions, we raised almost \$30,000 to support research, development, and education that makes a real-life difference to individuals and their families living with aphasia here in Canada and internationally. We just want to say, **'THANK YOU!'**

Although we receive partial funding for our direct service, we do not receive any funding for our work in research and education – **this work is only possible because of donors and supporters like you!**



## Walk, Talk 'n Roll 2015 Already Underway!

On Sunday, June 14th, our clients, families, volunteers, board members, and staff will once again join together in the Walk, Talk 'n Roll, the Aphasia Institute's annual signature fundraiser. Last year we surpassed our goal by almost \$5,000 and increased our total number of donations by 11%. We'll be raising the bar even higher this year! These funds support individuals and families who cannot afford to pay fees. **We do not turn anyone away.**

**FACE** is it drooping?  
**ARMS** can you raise both?  
**SPEECH** is it slurred or jumbled?  
**TIME** to call 9-1-1 right away.

© Heart and Stroke Foundation of Canada, 2014.

**In Canada, a stroke happens every 10 minutes. And 9 in 10 Canadians possess at least 1 risk factor for heart disease or stroke. Would you know if you were having a stroke? Know the warning signs. For more information, visit [www.heartandstroke.on.ca](http://www.heartandstroke.on.ca).**

The Aphasia Institute relies on the generosity of individual donors and volunteers to deliver life-changing programs.

### The Aphasia Institute

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## UPCOMING EVENTS

- **Aphasia Awareness Week:** June 1-7, 2015
- **Walk, Talk 'n Roll event:** Sunday, June 14, 2015
- **Save the date: "A Taste of Mamma Mia!"** (performed by our clients) on **May 31, 2015**



## Join Our "Conversations"

[www.facebook.com/aphasiainstitute](https://www.facebook.com/aphasiainstitute)  
[https://twitter.com/aphasia\\_inst](https://twitter.com/aphasia_inst)

# Strategic Plan Takes Root!

A year ago, the Aphasia Institute launched a bold new strategic plan, encompassing three vital areas: Stroke and Aphasia, Knowledge Exchange, and Social Enterprise. Examples of recent activities in these three areas are:

## STROKE AND APHASIA

### Observership enables reciprocal learning

- With phase 2 of our “Observership” study now underway, we move from observing an acute care hospital (the start of the stroke care process) to observing a rehabilitation hospital (the much longer transition back into the community);
- Through projects like this, the Aphasia Institute learns more about the practical application of the *Canadian Stroke Best Practice Recommendations*, and helps identify where we can make a difference for people with aphasia.



## KNOWLEDGE EXCHANGE

### 1. Knowledge Exchange Speaker Series Update

Last fall, the Aphasia Institute launched the Knowledge Exchange Speaker Series, online educational webinars featuring leading experts in aphasia research, education, and practice. The almost 100 registrants in each of the first six webinars have come from Canada, the U.S., and the international aphasia community. Topics have ranged from specific aphasia treatments, to research, to a talk on exploring the experiences of friendship after aphasia.

One of these webinars was delivered by Dr. Audrey Holland, a pioneer in the field of aphasia. An attendee had this to say:

**“Dr. Holland’s focus on positive outlook and emphasizing strengths in the midst of traumatic changes has helped me to re-frame my discussion with individuals with aphasia. Her webinar was informative and practical, and after providing clinical services for more than 20 years, it is refreshing to implement new ideas and research into my therapy. I highly recommend these webinars to practicing clinicians.”**

– Heather E. Coles, M.A. CCC-SLP  
Senior Speech Language Pathologist  
University of Rochester Medical Center

### 2. March Training Institute Sold Out!

Twice a year, the Aphasia Institute is host to speech-language pathologists and clinicians from Canada, the U.S., and around the world. This training teaches participants the fundamentals of Supported Conversation for Adults with Aphasia (SCA™) and how to apply these techniques to a variety of clinical settings.

## SOCIAL ENTERPRISE

### On the cusp of launching our new website!

We are now close to unveiling our brand-new website and our ParticiPics project. ParticiPics is made possible through generous funding from the Ontario Trillium Foundation. It is comprised of an online digital database of interactive materials, as well as all of the Aphasia Institute’s printed and electronic aphasia resource materials. With the assistance of clinical experts, we have recently released four new titles that will make a difference in the lives of people living with aphasia. One of them, *Talking to Your Speech-Language Pathologist*, is already a best-seller.

## Innovative Creative Arts Programming for Aphasia – Our Clients Inspire Us!

Massell, one of our clients, found such deep inspiration in our logo that she wrote this moving poem about it.

### THE APHASIA INSTITUTE LOGO

*The message of the Aphasia logo is in its colours.*

*I do not just see figures. I see strength and weakness.*

*I see men I see women searching for happiness.*

*But they cannot find this happiness alone.*

*My hand reaches out to that lonely and frightened one.*

*Take my hand, let me help you.*

*You don’t have to be alone.*

*Some things may never change.*

*There is no need to be paralyzed by them.*

*Let me help you, trust me, lean on me.*

*Together, we will achieve our goals.*

*The Logo shows the strong and the weak.*

*The darkness and the light.*

*The hands reaching out to help.*

*And the accepting hands.*

*This is love given freely, saying*

### “TOGETHER WE WILL REACH OUR GOAL”

**Massell Smith**, a client of the Aphasia Institute, was a medical laboratory technician prior to her stroke in 1999. With our support and her determination, she now participates in conversation groups, paints as part of our art program, explores her writing in our creative writing group, and sings as part of our spotlight series.

