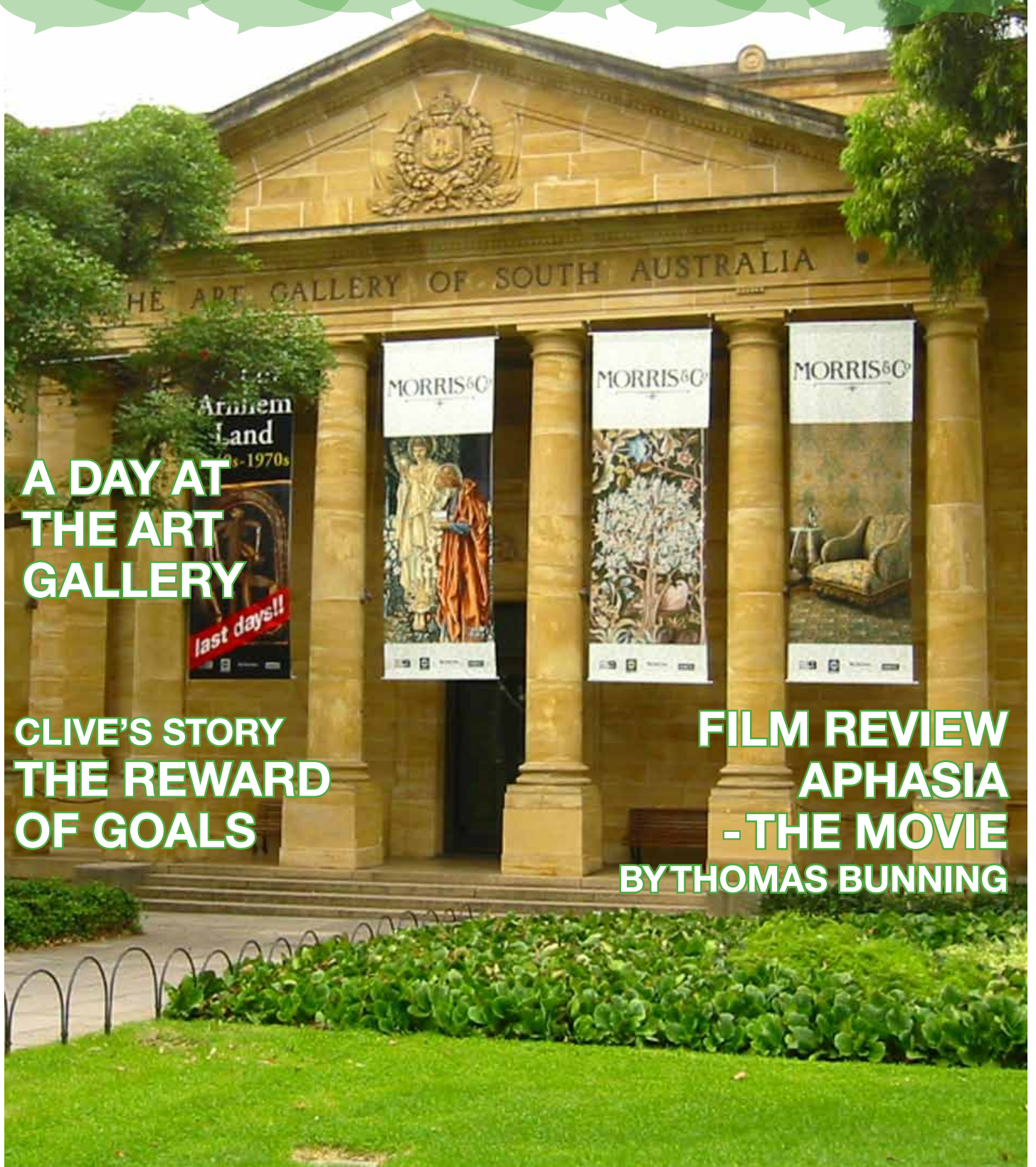


# Talkback

Talkback Newsletter

[www.aphasia.asn.au](http://www.aphasia.asn.au)

June/July 2012



**A DAY AT  
THE ART  
GALLERY**

**CLIVE'S STORY  
THE REWARD  
OF GOALS**

**FILM REVIEW  
APHASIA  
-THE MOVIE  
BY THOMAS BUNNING**



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# CHAIRPERSON'S REPORT

## Chair Report June/July 2012



**Chairperson:**  
Bev Dodd

### Dinner Group

The dinner group has met for four months at Unley. We have decided to stop monthly dinner meetings during the winter. Instead we will try some different things.

We were thinking about a **Yum Cha**

or **Chinese banquet lunch**. We would be interested to hear from members about what they would like us to organize. Please feel free to e mail the office or leave a message on the phone.



Art Gallery Lunch

### Art Gallery Visit

A **large group** of members attended the art gallery visit and lunch last month. Feedback about this has been very **positive**. Since there was such a lot of interest in this, Committee is thinking about having a day time activity every few months. Details of events will be on the website when events are organized. Again, let us know what you would like.

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**Cover picture:**  
Art Gallery  
South Australia





# CHAIRPERSON'S REPORT

## Stroke Choir - Retune

The Stroke Choir has now been running for two terms under **Alison** and **Lauren**. It held a performance on 26th June. This was well attended and very enjoyable. There will be a three week break and then the choir will re start. New members are welcome to join the choir at the start of each new term. Alison is leaving the choir to travel overseas. We thank her for the work she has done for the choir. There is a short interview with her in this newsletter.

## Computer Club

**Sarah, Camille** and **Jasmine** are helping with the computer club. This is a really good opportunity for students to work with people with aphasia and to get a better understanding of issues faced by people with a **language difficulty**.



Computer Club

## Office Issues

Kate is working on office procedures with Sandy. We are also working out more standard replies to some of the e mails we get. We get a lot of e mails from overseas or about issues that are not very relevant to us.

## E-mail contacts

Do we have your **e-mail address**? Some of our events are planned at short notice and we use e mail to get the information to as many people as possible. If you have an e mail address, could you send it to the office. This will mean that you do not miss out on any last minute information.

## Speech Pathology Australia Week

We have been asked if any of our members would like to tell your **story** for speech pathology Australia week. Students are happy to work with people on your story. If you are interested in that or in any of our projects or activities, please phone me on **8332 0577** or e mail the office on **talk-back@aphasia.asn.au**

**Bev Dodd**

**Chair**

# TALKBACK NEWS

## Visit to the Art Gallery of SA

On Friday, 18th May, the Talkback Association supported a visit by members and carers to the **Art Gallery of SA**. 27 people enjoyed lunch at the busy Gallery Restaurant. The food and service were excellent.

Lunch was followed by an hour's **guided tour** of the Australian section of the Art Gallery. Two groups, led by volunteer guides **Kay** and **David**, gave an interesting insight into a selection of **paintings** and **sculptures**. We were lucky enough to see some exquisite works which are seldom displayed because of their sensitivity to light.

Many thanks to all involved making it a great day out.

**Kate Handscombe Management Committee  
Talkback Member**



# TALKBACK NEWS

## Choir

### Retune

Interview with **Alison**, a **Speech Pathologist**, who has been the **choir master** for the last six months

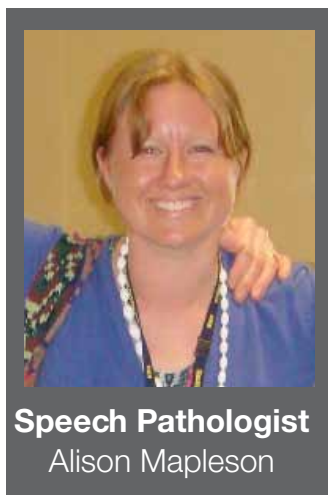
#### ***What have you learnt from being choir master?***

I've learned some skills in conducting a choir! (Being my first time as a choir master). I've learned more about what **aphasia** might feel like, through the chats we've had during choir.

One way of describing how aphasia feels that was discussed, was your **language** being like a '**highway**'. If you have aphasia, your highway is full of **blocks** and **detours**, and you constantly have to find another way to get to where you're going (or to say what you want to say).

#### ***How have you liked being the choir master for Retune?***

I have really enjoyed being choir master, and part of Retune. It's a great group who **communicate** and **interact** as equals, with or without words.



#### ***What impact has being involved with Retune had in your life?***

Singing is uplifting for me, and in a group it is more enjoyable. Even better is sharing this joy and interaction with people with aphasia. Working in aphasia rehabilitation with people with aphasia (at **Hampstead Rehab Centre**) I had always wanted to lead a choir for people with aphasia, but wasn't sure if I would have the confidence to do this.

So having the opportunity to lead Retune, and taking it on was a dream come true. Thank you to **Bev Dodd, Matthew Huckel** (music therapist and first Retune conductor) and the members of Retune for helping this happen for me.

Retune has inspired me to study a music therapy masters degree, which I've applied to do in Melbourne next year.

I hope to combine my skills as a **speech pathologist** with my **music therapy skills**, to help people with aphasia communicate.

Watch this space!

#### **Alison Mapleson**

Thanks to Bev Dodd (Speech Pathologist/  
Talkback Committee Chair)

# TALKBACK NEWS

## Stroke Survivor Forums

The National Stroke Foundation is inviting Stroke Survivors and their carers to a series of forums being held in July across the country as we define our priorities and actions for the next five years.

Hearing from consumers as we move through this process is critical, the consumer voice will guide this development, ensuring it has integrity and is grounded in what will make the most difference.

You are an important partner in ensuring the success of these forums. Please encourage your current and former patients to attend one of these sessions.

Consumers can register by visiting [www.strokefoundation.com.au](http://www.strokefoundation.com.au) or emailing [forumsvp@strokefoundation.com.au](mailto:forumsvp@strokefoundation.com.au) Alternatively they can call 1300 194 196.

If you would like some information to distribute to stroke survivors, a flyer is also available from [www.strokefoundation.com.au](http://www.strokefoundation.com.au)

### Dates

Melbourne	12 July
Perth	16 July
Adelaide	17 July
Brisbane	23 July
Sydney	24 July
Hobart	31 July

All forums will run from 10.30am until 12.30pm, refreshments will be served from 10am.



# TALKBACK ARTICLE

## The Reward Of Goals

Most who read the **Talkback Newsletter** have either had a **stroke** or suffered some sort of **trauma** which has affected their **language**, which can and does for some make life extremely difficult. As difficult as life may seem for someone afflicted with **Aphasia**, there is a way that life can become very rewarding.

### GOALS.

**Clive** suffered his stroke in **September 1991**, this year 2012 will be the 21st anniversary of his stroke; his legacies from that stroke were **severe**, but to make the most of his life Clive and I as a team set goals – little goals to reach the big goal at the end. We have gone through our lives using this method and for us it has **worked**. Clive has experienced his ups and downs with regard to his health, but the focus

on the goal he sets has made him determined to get up and go again. It is very hard work.

In **2001** Clive turned 60, it was his wish to go back to **Singapore** for his 60th, he worked at therapy and really looked after himself health-wise, just working on little goals to reach the one where he actually succeeded and found himself celebrating his 60th birthday with his family in Singapore, then visiting **Hong Kong** where his youngest daughter lives.

Achieving this first major goal, the travel bug had bitten Clive and changed his life; he wanted to return to Singapore and Hong Kong for my 60th, but before we could go, again the hard work had to take place; one could say to 'go into **training**', the training includes me as his carer; I have to be fit to push the

wheel chair and get us around, but before we could go I had to work to earn the money to take us on the holiday.



Clive & Sarah (daughter) at the wedding

# TALKBACK ARTICLE

Clive and I have been lucky we have traveled 6 times since that magic trip in 2001, as well as going to Singapore and Hong Kong we have been fortunate with the help of our daughters **Penelope** and **Sarah**, to travel to Bangkok, Cambodia and Siem Reap - all trips presented their little problems but with problem-solving most problems can be over- come.

Clive faced a challenge this year, one of his daughter's Sarah was getting **married**, at first the wedding was going to be held overseas, but realistically for Clive at this point in time the wedding was held in Australia – on Easter Saturday (7 April) at Penny's Hill Winery, McLaren Vale. Clive with his daughter on his arm, proudly walked her down the isle (or should I say paddock) using a **walking stick**

instead of his quad. The goal he set **himself**, to walk with a walking stick. To achieve this Clive went to **therapy** for many months, practicing, practicing until he perfected - we were all so very proud of Clive. Even the sheep in the paddock were 'baaing' their approval!

The other challenge or should I say the biggest challenge (because of Clive's Aphasia) for the wedding was to be able to **say 'I do'** when the celebrant asked 'who gives this woman?' Clive had been practicing for months, but when the time came to say 'I do' at the important moment the words would **not come**; to overcome this frustrating moment for Clive we all at once shouted out '**WE DO**' and everyone broke into **laughter**.

The day was a very happy day and Clive stood so tall and very proud – his determina- tion and hard work for many, many months had paid off and he most cer- tainly did him- self proud and reached his goal. Life is full of challenges, goals make life worthwhile. I keep on saying to Clive, we **must challenge ourselves** and try to live each day as if there is no tomorrow.

**Carol – Clive's wife and carer**



The 'kiss'



# ALBIE'S SNIPPETS

## “GAOL” and “JAIL”

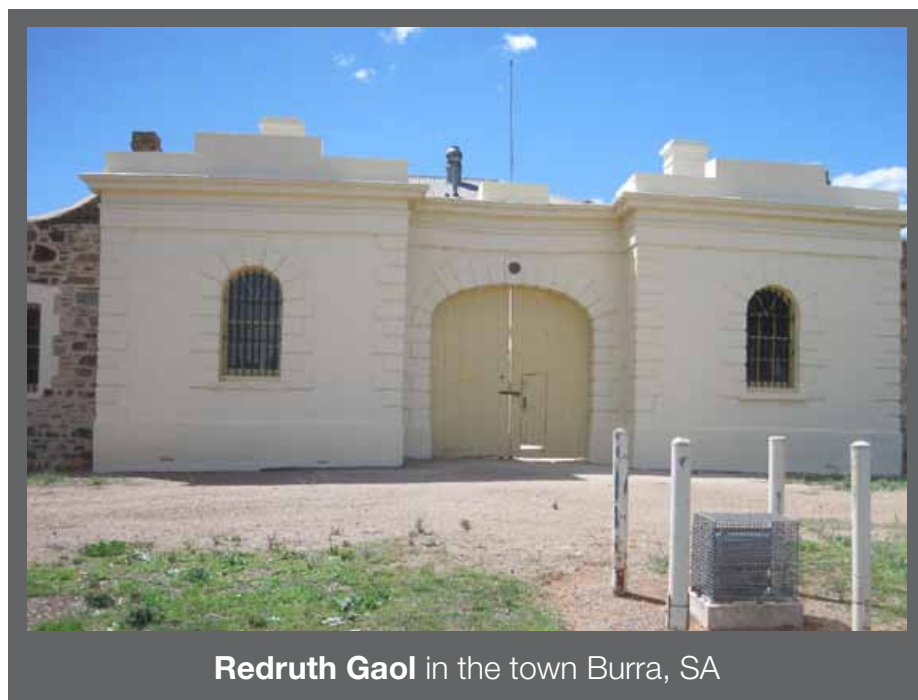
They are both spelt either way in Australia as both words are used in our language and normally it is a word used in two ways.

“**Gaol**” is an early Modern English spelling for jail with the same pronunciation and meaning. Although jail is more common, gaol is still the favoured spelling in Australia. However, due to American influence in Australia, the spelling “**jail**” is now more common in popular context such as the media. The spelling “gaol” being mainly retained in historical use and in the legal profession.

Now, Viv, my wife wanted to see her old friend at Port August, so we decided to go in different ways, and different towns.

Off we went to see the town of **Burra**. Saw the old copper mine area and others. Then the **Redruth Gaol**.

The Redruth Gaol was the first erected gaol in the colony outside of Adelaide. It was started in February 1853 and completed in 1856 at the cost of 3,200 pounds (\$6,400).



The plan of the gaol included cells for males and others for females, and that opened onto exercise yards surrounded by stone walls twelve feet high topped with glass.

In 1871 John Baker was arrested for **bushranging activities**. Baker and cellmate planned to feign sickness escaping via the roof of the sickbay. The plan was foiled and when “Gaol Keeper” overhead of the discussion and clapped them in irons.

# ALBIE'S SNIPPETS

Food rations for **prisoners** were spartan but adequate, with bread and potatoes being the staples, with one piece of meat for working men and rice, tea, sugar, salt and 4 ounces of tobacco each week. As no fruit or vegetables, constipation was a common complaint among the inmates with large doses of castor oil the prescribes remedy.

For the celebrations of the **visit of HRH the Duke of Edinburgh** to the colony on the **11th November 1867** saw the inmates, nine white men, three aborigines, one mother and baby, two single women, two lunatics, and a chinaman. The Turnkeys were in close contact with the inmates each day being responsible for enforcing discipline, assigning work and providing prisoners with their rations. The gaol was closed in 1894 with the transfer

of prisoners to Gladstone Gaol.

After falling into disuse, it was renovated and re-opened as the Redruth Protestant Girls Reformatory in 1897. A report in 1919 started "three girls were on the roof, dancing, singing low songs, swearing down-right insolence, destroying government property, undressing and exposing themselves to all passersby in only their flannels and bloomers..."

After some daring escapes by spirited girls at various times throughout its history as a reformatory, some sixteen in its first year, and two fires, a riotous revolution among the girls finally led to its **closure in 1922**.

That night at Burra, we stayed at a Motel, and tomorrow is another story.

**Albie**



# TALKBACK GROUPS

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## COMMUNICATION TALKBACK GROUP

The sessions are run by **Marianne Newbery, Therapy Assistant**. The group will continue through to **Wednesday 6th June to Wednesday 8th August 2012** from **1.30 – 3.30pm** for **10 weeks**.

The group meets at **Paradise & Eastern Community Services, 61 Silkes Road, Paradise South Australia 5075**.

Contact Marianne on **8337 4371, Tuesday & Wednesday** for more information.

## ELIZABETH TALKBACK GROUP

The group meets at the **GP Plus Health Care Centre**, it is located across the road from the **Elizabeth Shopping Centre at 16 Playford Boulevard Elizabeth**. The centre has free parking and is close to public transport.

Please contact **Ester Rossi** Speech Pathologist on **7485 4091** for more information and session times for 2012.

## HENDON TALKBACK GROUP

No change to session times for the Acacia Court Group. We will be running our group according to school terms and have a break during school holidays. The group meets on **Fridays 9.45 - 11.30 am at 81 Tapleys Hill Road, Hendon**.

The Acacia Court Group has up to **twelve members** who currently attend. Group members continue to enjoy socialising with the support of our two volunteers Val and Sue.

For more information about the Hendon Group call on **8243 1844**.

## HOVE TALKBACK GROUP

The group breaks for July & recommence on **Tuesday August 7th, 1.00pm - 2.30pm** at 10 Amelia St, Hove (**Seventh Day Adventist Hall**).

For further information, contact **Coralie Hayley, Speech Pathologist** on **8177 3277**



# TALKBACK GROUPS

## MORPHETT VALE TALKBACK GROUP

The group breaks for 2 weeks at the beginning of July & recommences **Thursday July 19th, 9.45am - 11.00am** at 126 Pimpala Rd, Morphett Vale.

Please contact **Coralie Hayley** at Southern Therapy Service, ECH, on **8322 5700** for further details.

## MURRAY MALLEE TALKBACK GROUP

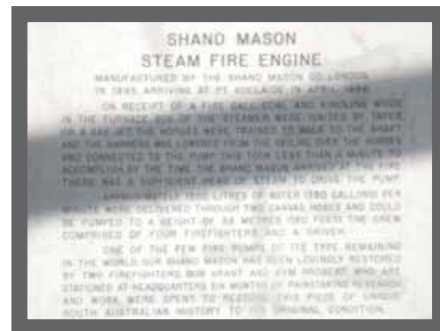
The **Murray Bridge** group meets at the Murray Mallee Community Health Service. We meet on **Wednesdays 10:00 -11:30am** & Ends 4th July.

Contact: Daniella Raj-Marsden (Speech Pathologist) **8535 6800**.

**members!** For more information, contact **Anna Cameron, Speech Pathologist** on **8393 1833**.

The **photos** below are from the combined Talkback and Men's Group excursion on May 3, 2012. **Trevor (Management Committee)** took them. The **plaque** picture mentions **Bob Grant**, a former fire fighter and Talkback member who died earlier this year. (He was in the photo we sent last year).

The Plaque below shows just how much Bob Grant loved Fire Engines. He helped **restore** the first fire steam engine to arrive in Adelaide from London in 1896. It was called the Shand Mason Steam Fire Engine. Named after the company who made them in England in 1895.



Trevor Goodwin  
Management  
Committee

## MT BARKER TALKBACK GROUP

We meet every week on **Thursday afternoons**, from **1 pm to 2:30 pm**, at **Adelaide Hills Community Health Service**.

The Mt Barker group is looking for more



Mt Barker Fire Dept

# TALKBACK GROUPS

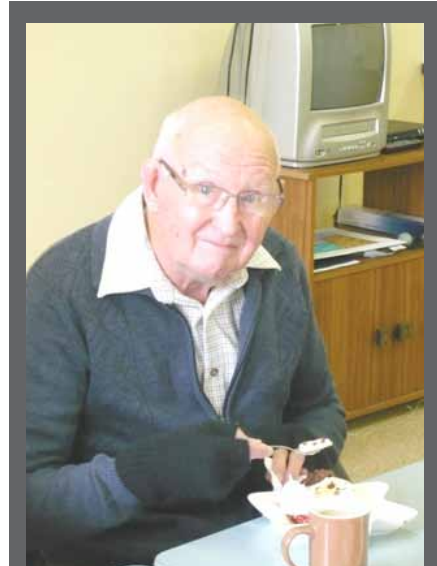
## Victor Harbor Group

### Happy 80th Birthday!

The Victor Harbor Talkback Group helped **Neil** to celebrate his 80th birthday in May. Neil is a founding member of the group. These days, he uses his trusty iPad to talk. Neil is a true “gentleman”, so we were thrilled to dress up a bit, and join him in a special morning tea.

The **Victor Harbor** group meets on fortnightly basis on Tuesday mornings **10am - 12pm** at **Southern Fleurieu Health Service**, Harbour View Terrace, Victor Harbor.

Contact **Wendy Clark, Speech Pathologist** on **8552 0600** for more information.



Neil's 80th Birthday



Victor Harbor Group

# SPECIAL GROUPS

## COMPUTER CLUB

This year the speech pathology students have been taking even more responsibility for helping run the computer club in conjunction with the members. There have been a range of **topics** including the Olympic Games and Under the Sea. On occasion, members have brought **photos** along or helped give the **lesson** and all members like it when members get involved in this way.

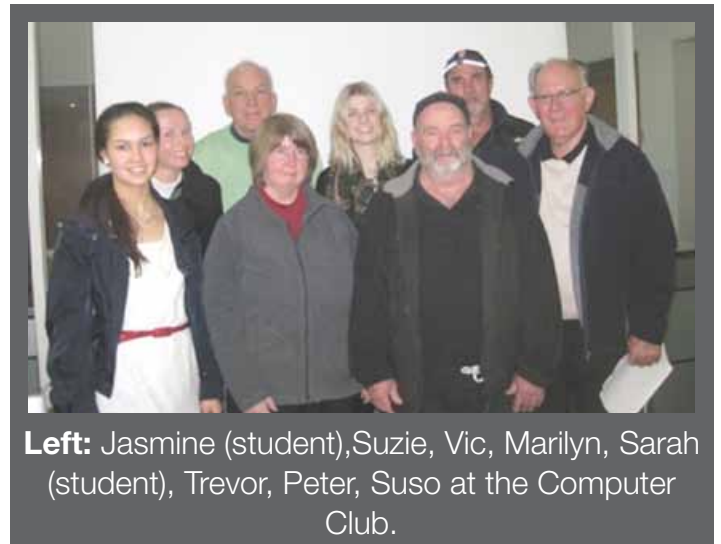
We currently have **two vacancies**, so if you know someone with aphasia who would like to join the computer club, get them to contact the office.

If you know anyone who would like to help out, we are always looking for volunteers

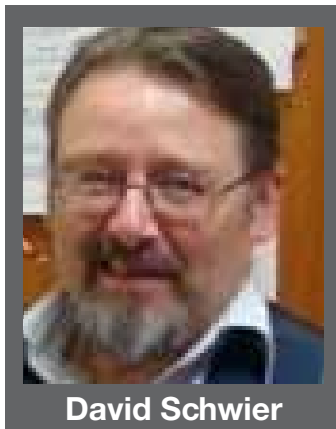
The Computer Club meets on **Monday 1.30 - 3.00pm** at Burnside Community Library, 401 Greenhill Road, Tasmore. 2012.

You must be a Talkback Association Member to attend. If you want to join, ring **Talkback** on **8443 5555**.

**Bev Dodd**  
Chair



## MARDEN COFFEE CLUB



Hi Coffee Lovers

If you are in the area, call in and have a decent cup of coffee. We have 6 - 10 people who meet every **Tuesday** from **11 - 12pm**.

Ring me, David on **8336 8550** about the **Marden Coffee Club**.

**David Schwier**  
Talkback Member

## HENDON GROUP COFFEE CLUB

The **Hendon Group Coffee Club** meets every **Thursday** morning at **10.00am** for approximately one hour at *Cinos Cafe*, West Lakes.

Anybody wanting more information or to go along and have a chat, please ring the Talkback office on **8443 5555**.



# FILM REVIEW

## Aphasia

Review by  
Thomas  
Bunning  
Management  
Committee

**Aphasia** is the story of one man and how he coped with his aphasia after a stroke.

His name is

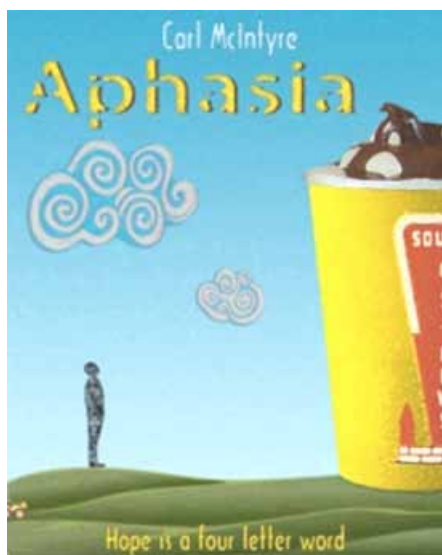
**Carl McIntyre**

and he has a wife and three children. He was an actor and a salesman before his **stroke**.

The first part of the movie is very **powerful**. It is about the time when he had his stroke.

**Aphasia** tells how Carl's family and friends respond to his **difficulties** with aphasia. It is a very turbulent time and very **emotional** for not only Carl, but his family and friends, as they all grapple with Carl's aphasia.

There is a continuing theme about Carl's progress with trying to order at the drive through at a fast food outlet. He wants a **frozen drink** – but it is very hard for him to make his order, with other cars lining up behind him, blowing



their horns, Carl getting anxious, and the wrong words coming out, or no words. At the end of the movie you can see how it ends with the fast food outlet.

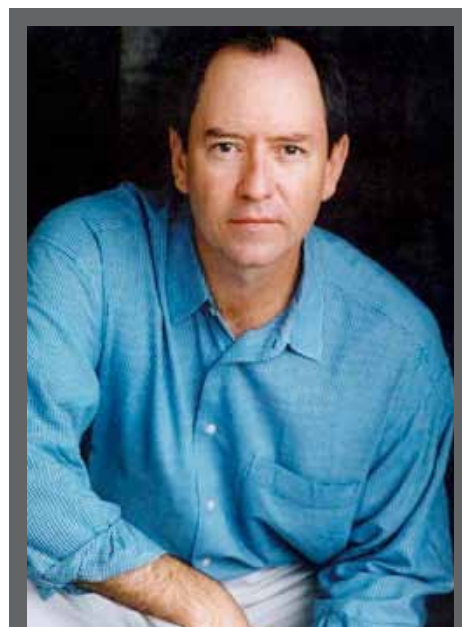
Carl himself provides

commentary throughout the movie, telling you what he's thinking at the time.

**Aphasia** is written and directed by Jim Gloster. The DVD was released in 2012.

Jim has made a powerful and emotional movie about aphasia and everyone who sees it will understand a **little bit more** about aphasia and what it's like living with it.

Well worth seeing – you can borrow it from the **Talkback office**.



Carl McIntyre

# COMING EVENTS

## Australian Aphasia Conference - Melbourne



**WHEN: Friday October 12 - 13 2012**

**WHERE: Darebin Arts & Entertainment Centre**

387 Bell St (Cnr St George's Rd), Preston VIC 3072

For more information go to:

**<http://www.aphasia.org.au/aaa-conference-2012/>**

The next **Talkback Newsletter** will be published in  
**SEPTEMBER 2012**

This is **YOUR** newsletter and we want to hear from you !!

**Please send articles to us by 14<sup>th</sup> of SEPTEMBER 2012** (at the very latest)

Opinions contained in this newsletter are those of the individual writers, and are not sanctioned by the Talkback Association. Please consult your medical practitioner for any health advice required.