

Talkback

Talkback Newsletter

www.aphasia.asn.au

MARCH 2014

**POEM
SPEAKING OF
SPEAKING**

**A FUN DAY OUT
TALBACK MEMBERS
GET TOGETHER
FOR LUNCH**

**FREE COMPUTER
APPS TO HELP
WITH SPEECH**



Talkback
Association
for Aphasia Inc

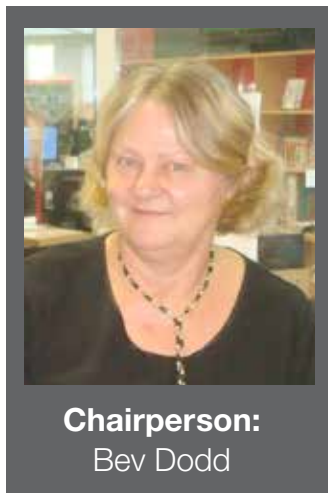
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CHAIRPERSON'S REPORT

Chair Report March 2014



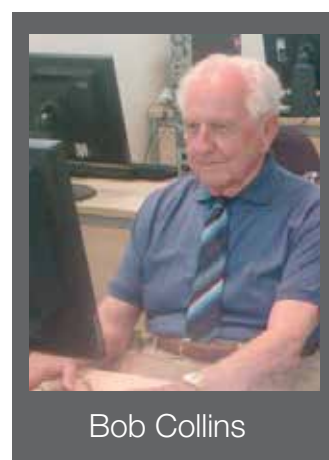
Our **Social Committee** has again been busy planning events for the year. Recently we held a very successful lunch at **Rosey's**. It is good to see our membership increasing and more members coming along to functions. We

would love feedback on what sort of functions you would like us to put on.

In the last newsletter, I let you know that we are finally out of the GST system and were waiting for our books to be audited. Hugh, our auditor, is currently doing the books and so we will be advising members of the **Annual General Meeting date** soon. Please let us know if you are interested in being on Committee. We particularly want a member with aphasia and a family member or volunteer.

The **Computer Club** continues to go well and I thank the students and new graduates, who are currently running it. Bob, one of our long term members is turning 95 and has decided to retire from the Club.

Bob has been an asset to the Club for many years and has shown us that no one is ever too old to embrace new ideas and new technology. Thanks for your contribution Bob and congratulations on your birthday.



Our next event will be the **Miranda Rose** talk and dinner. I hope to see you all there.

If you want to get in touch about anything, please e mail the office (talkback@aphasia.asn.au) or leave a message and we will get back to you.

Bev Dodd
Chair

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Cover picture:
Dancing Clouds



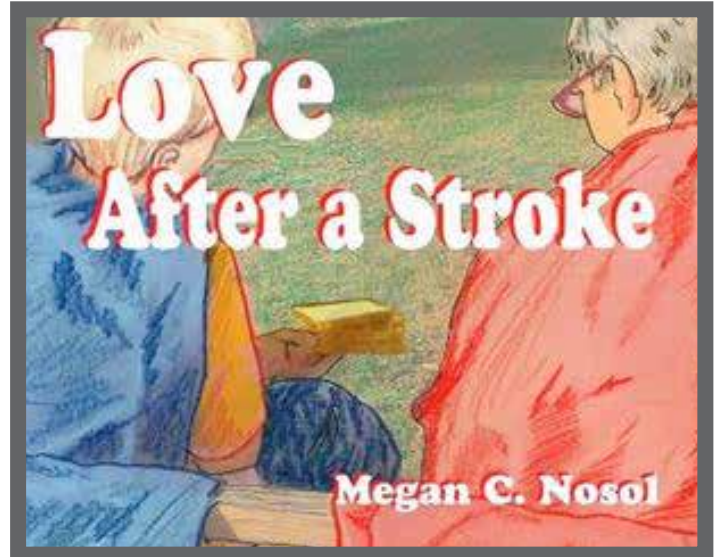
TALKBACK NEWS

Love after a stroke

A Children's Book About Stroke, Aphasia, and Love

When Ben sees Gram for the first time since her **stroke**, Ben realizes she looks and behaves **differently**. He soon learns that Gram has a **communication disorder** called **Aphasia**, which can affect a person's ability to **speak**, **read**, and **write** after having a stroke. Ben wonders how they will return to enjoying comic books and their superhero adventures together without words. He misses his grandmother.

Love After a Stroke is a children's book about loving someone beyond words. Strokes can often lead to sadness, frustration, and isolation for both the stroke survivor and his or her loved ones. Yet, through patience, determination, love, and a little creativity, relationships can become stronger after strokes. Although the ways Ben and Gram communicate after her stroke have changed, Ben discovers that Gram's love for him will always remain the same.



The Author: Megan Nosol

Speech-language Pathologist

loveafterastroke.com

Available as a free video copy on YouTube

TALKBACK NEWS

Community Lottery



The **Talkback Association for Aphasia Inc** is participating in the 2014 People's Choice Community Lottery. Talkback will receive 100% of the funds from ticket sales, to support people with aphasia. The tickets only cost \$2 each.

There are 212 great prizes in the Community Lottery. The prizes include a Hyundai ix35 Highlander Petrol Auto and a \$35,000 Harvey Norman Shopping Spree. To see the full list of prizes go to www.communitylottery.com.au.

There are two ways you can buy tickets to support Talkback:

Online:

1. Click on this link to purchase a minimum of 5 tickets (minimum \$10): <https://www.peopleschoicecu.com.au/communitylottery/buyticket/form.aspx>
2. Type in **Talkback Association for Aphasia** in the 'Choose a charity to support' field
3. Select **Talkback Association for Aphasia** from the drop down box

From the Talkback Committee:

Contact **Josie (Secretary)** on **0402 281 720** or jkemp6@our.ecu.edu.au to purchase tickets. There is no minimum number of tickets that can be purchased from the Committee.

The 2014 People's Choice Community Lottery aims to give \$1.8 million to participating not-for-profit community groups - just like ours! The **Talkback Committee** would really appreciate your support and ticket purchases.

Josie Kemp
Speech Pathologist

TALKBACK NEWS

Social Committee

Lunch at Rosey's Café

On **Sunday** the **23rd of February**, the **Talkback group** enjoyed its first social outing for **2014**. We met in the back courtyard of **Rosey's Café** It was a lovely café in Unley.

There were many **familiar faces** and people were very happy to see each other again. It was also great to meet and welcome new Talkback members. For some people, it was their **first social outing** and they said they enjoyed it very much. They were excited about the next event.

The relaxed three hour lunch was a good way for new Talkback members to meet new friends.



It was good to see everyone **talking** and **sharing stories** with each other. Some people came with their family or carers. Some with their husbands or wives. Some members came by themselves. Everyone had a good time, and lots of people chose a delicious dessert to finish off the day.

Remember that Talkback will always send members an invitation in the mail or on email for any new social outings, so you **won't miss out!**

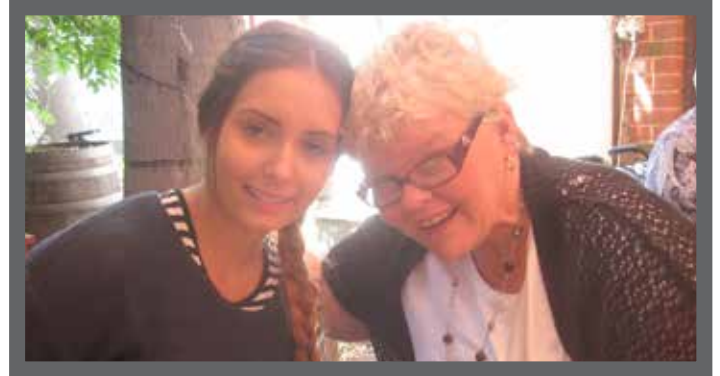
Sarah Clifton
Speech Pathologist

It was a very **comfortable atmosphere** and the staff were very helpful and friendly.

Everyone sat at two long tables under the shade of a big tree in the back of the charming courtyard. The food was all locally grown, and the meals were really delicious.

TALKBACK NEWS

Lunch at Rosey's Café



TALKBACK NEWS

Lunch at Rosey's Café



TALKBACK NEWS

How to install free text-to-speech

You can set up your computer to read any text out loud to you. It is free.

Windows computers

If you have a Windows based computer, you can set it up so you can listen to any word documents, pdf files, web pages and emails.

Step 1: google “free text to speech” and many options will come up

Step 2: Tom uses *naturalreaders.com*, so click on that one

Step 3: There is a box on the top right of the screen. It says “Free Natural Reader”. In the bottom of the box there is a green section labelled “Free download”

Step 4: Click on *Free download* and follow the instructions to download the Windows version.

You will see that there are other *Naturalreader* packages which you can buy – but you do not need to buy anything, just keep using the *Free download*.



Wordtalk



We found a system called WordTalk you can activate if you use Word.

Open wordtalk.org.uk and follow the *installation* instructions to insert the toolbar (below). The computer will read a word (P) or a sentence (S) or a paragraph (P). Each word is highlighted as it is spoken.

wordtalk.org.uk



Good luck and keep exploring! There is lots of useful and exciting free software around for people with aphasia.

Anne Bunning

POEM

Speaking of Speaking

It's **hard** to do
for a talkative bloke,
with a recent stroke.
It's far from a joke.

Long before **losing** the 'Gift of the Gab'
Many silver-tongued word
charmed many a bird
Now some words come out **slurred**

Speech conditions, Strange names look like lines
from an opticians chart
I know them all by heart.
But they're hard to impart.

Once nick-named, 'smooth talking Terry',
My eloquent ways
Won me much praise,
Before **aphasic** days

Before CVA got in the way, I creatively wrote.
Written words seemed to flow,
Now words **flow very slow**
And the keyboard won't go!

Terry Hadert



Terry Hadert
Talkback Member
Morphett Vale Group

TALKBACK GROUPS

HENDON TALKBACK GROUP

The Group meets twice a week at Acacia Court during school term. **Monday afternoon** from **1.30-3.30pm** and **Friday** mornings at **9.45 - 11.45am** followed by morning tea. The **Friday** group started on **10th January**. The **Monday** group started on **6th January**.

Please contact **Eloise Gato (Speech Pathologist)** at the **DayTherapy Centre**, on **08 8243 1844** for more information.

HOVE TALKBACK GROUP

The Hove Group started on **Tuesday February 4th 10am - 11.30am** at **Alwyndor, 52 Dunrobin Rd, Hove**. During School Terms

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

MORPHETT VALE TALKBACK GROUP

The Morphett Vale Group started on Thursday January 30th 9.45am - 11am at 126 Pimpala Rd, Morphett Vale. During School Terms

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

MT BARKER TALKBACK GROUP

The Mt Barker Talkback group struggled the last few months, with only 2 participants, so we joined in with some activities with the Murray Bridge and Victor Harbor groups, in October and November.

It is uncertain when we can start up in **2014**, due to changes to Community Health priorities handed down from Country Health management. It has also been difficult to get approval for the group when only a few people were participating. I am still hopeful that I can run Talkback next year, but we will need to encourage more people to join us and we will need to fit in with the guidelines for Adelaide Hills Community Health Services.

Please encourage people in the **Adelaide Hills/Strathalbyn** area, who would benefit from a Talkback group, to contact Anna Cameron, Speech Pathologist on 8393 1833, or by email to me: anna.cameron@health.sa.gov.au.

Anna Cameron
Speech Pathologist

MURRAY MALLEE TALKBACK GROUP

The Murray Bridge group meets at the Murray Mallee Community Health Service. We meet on **Wednesdays 10:00 - 11:30am** will start on the 12th March and finish on 25th June.

Contact: **Kristen Brown (Speech Pathologist)**
8535 6800 for session times in 2014.

SPECIAL GROUPS

iPads in the Computer Club

The **Computer Club** has been implementing the use of iPads. Currently we have two participants who are using them **successfully**. The use of iPads allows participants who are not confident computer users to be more involved with the sessions. Participants who have difficulty accessing or using computers are encouraged to use their iPads during the session. Students email participants the documents they will need for the session; this can then be accessed on the iPad via the Internet. The iPads are also synced to the library's Internet, this allows iPad users full access to the **wifi**. iPads also have a **voice output option**, which can **read the text out loud** to the user. This option can also **highlight the text**, which helps the user to read the information provided to them in the session. So far we have experienced much success with the use of iPads in the computer club and hope to continue this in the future.

Ella James **Student Speech Pathologist**

I became involved with the Computer Club towards the end of **2013**. As a graduate **Speech Pathologist**, it has been a rewarding and enriching experience working with people with **Aphasia** and learning how they manage their communication difficulties. In particular, I have been thoroughly impressed by the use of i-Pads to support communication and participation in the group. The i-Pads include a number of helpful applications and programs, including a **program** that reads out highlighted text on the screen, thereby supporting



Sharon and Julia - iPad users at the Computer Club

members who have difficulty reading. The i-Pads also include applications that allow the user to locate particular **phrases** or **words** to help to communicate a particular point. Most impressive, is the **creativity** and **wide variety of skills** the Computer Club members demonstrate when using a number of **features**, including maps and photos, to communicate a point.

I feel privileged to work with such dynamic people and feel I have learnt a thing or two about how to use the i-Pads thanks to the Computer Club members and the creativity and ingenuity with which they use them.

Sarah Streeter **Speech Pathologist**

SPECIAL GROUPS

COMPUTER CLUB

The Computer Club meets every **Monday at 1.30pm** at the **Burnside Library**. Coffee and chat follows after each session. The Computer Club will continue to be largely run by student volunteers.

The computer club runs from February to December.

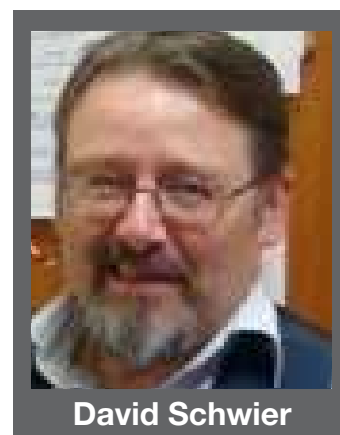
If anyone is interested in joining the group, please ring me on 8222 1463 (work)

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

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**.

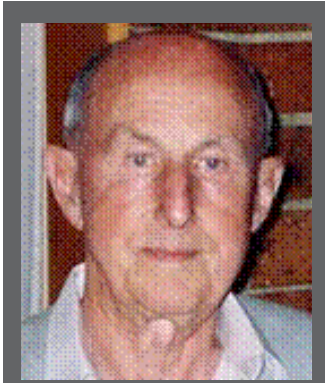
COMMUNICATION GROUP

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

You can contact **Marianne Newberry** on **8337 4371** for more information and sessions times.

ALBIE'S SNIPPETS

A Part Of My Life



Albie Carter
Talkback Member

I had good parents. They didn't had a lot money, but my mum and dad were wonderful. Also the neighbours, they were different, but they also were good people.

At five I went to primary school. Then to a Technical High School. And at 1946 as 5 year apprentice automobile mechanic. After three years working in Singapore, I came back to Adelaide in 1955. Worked to 1992, and retired. Married 1956. Two children (1boy, 1girl).

Then it changed. 19-12- 99 I had a **aphasia**. Now **"MY LIFE "** had been changed. Operation in March 2000 and I **couldn't speech**.

The **'Stroke'** right hand brain will repair marginally of a normal mouth, and /or,so will talk again. But, the **'Aphasia'** left hand brain won't

work properly . You had to **learn to talk**, you have to **learn words**, maybe you can **write again**. But, you have to learn everything again. If your lucky you may see a **speech pathology**, and may be able to help your speech. However, in time, you will learn.

Years ago, I would **read** books, songs, poems, etc.,usually short. However, about three or four years ago I saw a few poems. Then I would read a **poem** again and again, and trying to use a dictionary to use these different and understands words. Your brain can remember in your imaginative power through the poem. Different poems can may you laugh, and sometimes you might cry.

To me, the poems can help the aphasia person to learn amount of words and balance sensitive sensation.

ALBIE'S SNIPPETS

A dictionary:

Poem - *an arrangement of words.*

Poet - *the written of a poem, a person with imaginative power and sense of beauty.*

Poetry - *the art of writing poems ; poems collectively; poetic quality.*

Many "Aphasia" patients has many problems. **Reading, talking, understanding words**, etc. Maybe a good poem printed in the "Talkback" would help the patients, the parents, family etc.

There are many poems that can printed, but must be noted by the author or anon.

I was reading re Poem, Poet, Poetry in three different dictionary's. The reading was correct, but written different words.

When I started March 2000 I couldn't do anything, but I would read a paper. However, what I read made **nothing**. So I would read **aloud**, to read into a mirror so I could read aloud to the word go into my ear then inside my brain. In time, I could read and listen and remember (most time). So please, (and in time), please and try to remember.

ALBIE'S SNIPPETS

In September (2013) Viv and I went to see our son at Nelson Bay when he make back from Afghanistan. However, I read about my grandsons Tomaree High School story.

The poem talks about are life.

WINNERS CREED

If you think you are beaten, you are
If you think you are not, you don't
If you would like to win but think you can't
You almost certainly won't.

If you think you'll lose, you've lost
For out in the world you'll find
Success begins with a fellow's will
It's all in the state of mind.

For many a race is lost
Before a step is run
And many a coward fails
Before his work has begun.

Think big and your deeds will grow
Think small and you will fall behind
Think that you can and you will
It's all in the state of mind.

Life's battles don't always go
To the stronger or the faster man
But sooner or later the man who wins
Is the fellow who thinks he can.

Poem by Bryce Carter

Albie
Talback Member

COMING EVENTS



Talkback
Association
for Aphasia Inc



Presents

Dr Miranda Rose:

Community aphasia groups are vital!
How can we make them excellent?

Talkback is honoured to present Dr Miranda Rose, an internationally recognised leader in aphasia rehabilitation research. She will be discussing the most current research evidence for community aphasia groups and how groups help people with aphasia and their families.

The Talkback Association for Aphasia warmly invite you to come and hear Miranda speak, and stay for a delicious two course meal

3 April 2014

5.00 pm Arrive
5.30 pm Presentation

Admission

Presentation

Talkback Members - No charge

Speech Pathologists (non-members) - \$30.00, or
\$20.00 to join Talkback and hear the presentation

Meal

Dinner and dessert - \$33.00

Venue

The Caledonian Hotel and Bartons Restaurant
219 O'Connell Street, North Adelaide

RSVP: by 27 March to Josie on jkemp6@our.ecu.edu.au or 0402 281 720

The next **Talkback Newsletter** will be published in
JUNE 2014

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

Please send articles to us by 30th of MAY 2014 (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.