

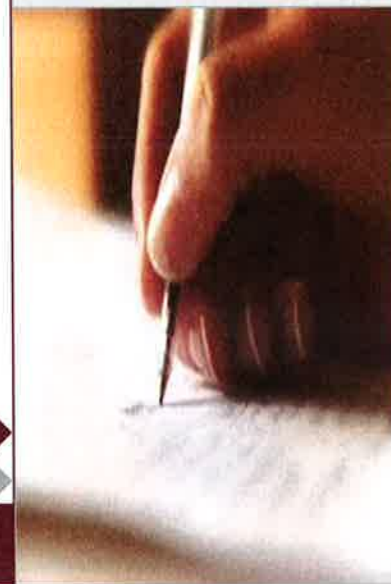

The Ohio State University
Department of Speech and Hearing Science

Unphased by Aphasia

Volume 1, Issue 2



*Who are we?
We are a group of
people working
together to overcome
communication
difficulties due to
aphasia.*



About Me

By Sid



I am from Thailand. I have been married to Kay for 40 wonderful years. I was a traffic officer for Singapore Airlines, where I worked for 20 years. I loved my job. I made a lot of friends there. After I was a traffic officer, I became a station manager at Air Lanka for 5 years; I had to know a lot about the airport. I liked working at Singapore Airlines more. Because I worked for the airlines, they gave me a discount on plane tickets. Some places Kay and I flew to

were Australia and New Zealand. Before we moved to the United States, we flew to visit my sister in Los Angeles, California. Now I don't fly to as many places, but in November my wife and I are going to stay with my daughter, her husband, and my grandson in Utah.

Tai-chi

by Perry



Tai-chi is a non-violent martial art. It can be done to strengthen your body core and to meditate. Usually you do tai-chi in a group setting.

I do tai-chi once a week, and I enjoy it very much. Tai-chi allows me to meet new people and socialize. Though it caused some discomfort in the beginning, tai-chi keeps me strong and active. I recommend tai-chi to other people because it's relaxing and it strengthens your body.

“School of Fish”

A poem by John

First and last
I nor we
Crying silent applaud
Noise of birth
Revolution
We born silver



Bicycling

By Jim



I really enjoy bicycling, and I like both regular bikes and adult-sized tricycles. I used to ride over 100 miles at a time, and I rode almost every day. It's hard to get my bike into the car and cycle in a distant place, so now I bike around the neighborhood.

All About Rugby

By Frank DeVito



Rugby was started in Rugby School, Warwickshire, England in the 19th century. Rugby is played by two 15 player teams. The teams are made up into two parts: the **FORWARDS** who contest for the ball and the **BACKS** who generally run the ball.

The players play offense and defense. The position changes without stoppage of play. There are 2 halves of 40 minutes. The clock stops for penalties and out of bounds. The game starts by drop kicking and the ball must go 10 meters.

In rugby there is no passing the ball forward, or the team faces a penalty. There are various type of penalties, and the opposing team sometimes has a chance to choose what the penalty is. One kind of penalty is the **SCRUM**, where all the forwards move together to try to get control of the ball. There are two types of penalty kicks: one type happens when the opposing side is kicking the ball through the uprights for three points, and the other type is kicking the ball to the other side of the field, which is similar to a punt in American football. If the ball goes out of bounds, the opposing team tries to toss the ball through two formations where each team lifts their man to try to catch the ball and then pass it to their players.



Leading the forwards is the **HOOKEER**, who hooks the ball to the scrum-half during the scrum. The two **PROPS** are next to the hooker to help push the scrum. They can be compared to a lineman in American football. The **SECOND ROW** helps push the scrum and tends to jump in the line out. Two **FLANKERS** are on different sides of the ball. The flanker's main job is to come off the side of the scrum and tackle opposing players quickly. The last man is the **8**. He steers the scrum.

Choose a position

1. Loose-head prop
2. Hooker
3. Tight-head prop
4. Second row
5. Second row
6. Blind-side flanker
7. Open-side flanker
8. Number 8
9. Scrum-half
10. Fly-half
11. Left wing
12. Inside centre
13. Outside centre
14. Right wing
15. Full-back



Leading the backs is the **SCRUM-HALF** and the **FLY-HALF**. The scrum-half gets the ball out of the scrum, which is a fancy term for a pile of tacklers vying for control of the ball. The fly-half coordinates strategy and is the kicker of the game. The **CENTER** bursts through small gaps of the defense and tackles. The **WINGS** are the fastest players on the teams. Last is the **FULLBACK**, who watches in the background for the occasional break away.

Scoring is very similar to American football. A **TRY** is worth 5 points. To score a try the ball must be placed on the ground within the try zone. Each try zone is 5 yards. The **CONVERSION** is worth 2 points. The **KICK** is the place adjacent to where the try is scored. Players can also make a **DROP KICK**, similar to a field goal. It is worth 3 points.

I have played rugby for 6 years. My first 2 were played at Brockport, a suburb of Rochester, New York, and my last 4 were at Downstate Medical School in Brooklyn. It taught me to be confident, successful, instinctive, and determined.

It provided some highlights as well. Losing 63-3 in the last minutes of the game, (Syracuse U, who had an inordinate number of Englishmen) we had the opposing team break his leg. Their ambulance got stuck in the mud, and both teams had to push it out. We lost the game but won the party! Another time, my friend Pat Waters got on my shoulders and we proceeded to the ladies' restroom.

After getting the necessary catcalls and ribbing, we were at the last stall. Imagine my surprise when my girlfriend (later, my wife) was in there!



Magic Johnson

By Trey



Magic Johnson is a very good basketball player. His real name is Earvin Johnson, Jr. He used to play for the Lakers, but now he is retired. He has been HIV positive for twenty-four years. He's one of my favorite basketball players because he's very good at passing the ball, getting the team together, and because he's a good businessman.

Rowing

By Jeremy

I often go rowing, about once a month. Rowing is cool, even though it takes hard work. It requires you to use your arms, which means I adapt the oar for myself. I use a rowing exercise machine for cross training. I tie down both of my legs and my arm with rope.

I measure my activity by rowing 5 times at a light pace, and 15 times at a hard pace. When rowing outside, it's even more difficult. Practice is key! It takes a lot of time and energy, but practicing inside and outside is important.



Tips for Losing Weight

By Dr. Joe

Health is a very important aspect of everyday life. It is beneficial to be conscious of how you are treating your body, because this will cause you to live a happy and long life. Being careful of what you eat and what recipes you cook with is a great first step in your journey to great health.



Cooking tips:

- Use 1% skim milk.
- Eat baked, steamed, broiled, or microwaved foods.
- Cook with unsaturated vegetable oil, such as corn, olive, canola, safflower, sesame, soybean, or peanut oil.
- Eat lean cuts of meat or cut off fatty parts.
- Use egg whites.
- Use plain low-fat yogurt, low-fat cottage cheese, or light sour cream.
- Season vegetables with herbs and spices.
- Choose low-fat, unsalted tortilla chips, potato chips, popcorn, and pretzels.

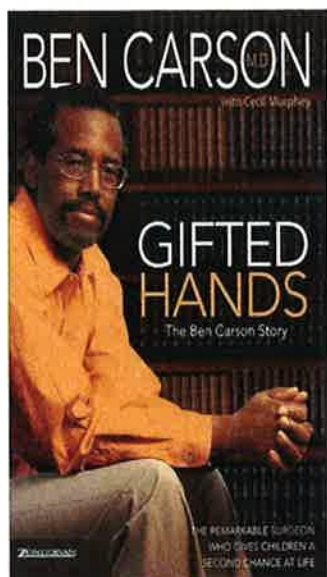
I lost 100 pounds in the last two years. It made me feel better about myself. If you are interested in losing weight, here are a few tips:



- Reduce calorie intake.
- Eat low-fat, low-sodium cheeses
- You can go for a walk, go for a swim, or even garden to help stay active.
- Walk 2 miles every day, but not if it is raining or too cold.
- Be careful with what you are eating.
- Try to avoid eating late at night.
- Replace soda, alcohol, or sugary drinks with water.

Book Review of Gifted Hands: The Ben Carson Story

By Mitchell

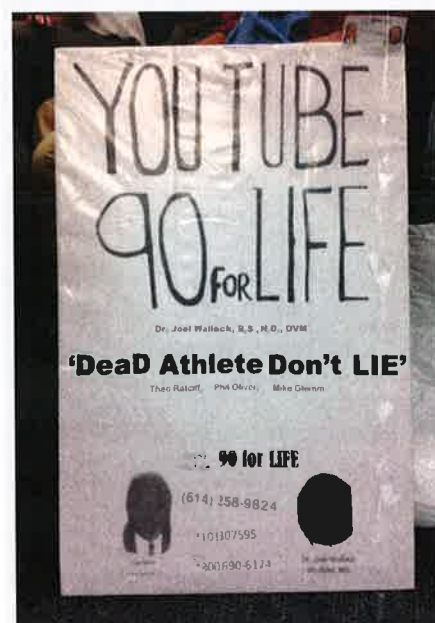


When I read this book long ago, it intrigued me because it seemed to give reasonable and attractive ways of living and becoming the best you that you could become. In the book, Carson speaks of taking advantage of opportunities and being responsible for your choices as well as keeping an encouraging attitude about life. Carson speaks of knowing your direction, avoiding distractions, as well as developing an interest in art and other areas. I was pleased to learn so much from reading Carson's book.

90 for Life

By Garland

90 for Life is a supplement that I take every day. It has 90 essential nutrients. There are different types, such as Beyond Tangy Tangerine and Ultimate EFA Plus. The founder of 90 for Life is Dr. Joel Wallach. I have been taking this supplement for 1 year and 3 months now. I love it because I feel more energized and healthy. My blood pressure used to be high, but it went down after I started taking it.



Restaurant Review of Villa Nova Ristorante

By Jim

Overall Rating: 5/5

Food: 5/5

Service: 5/5

Ambience: 5/5



I liked Villa Nova Ristorante; it is a very fine restaurant. Frank and Donna Colleli opened the restaurant in 1978. It's small and has a wonderful ambience. There are little bells all across the

Restaurant Review of Rusty Bucket

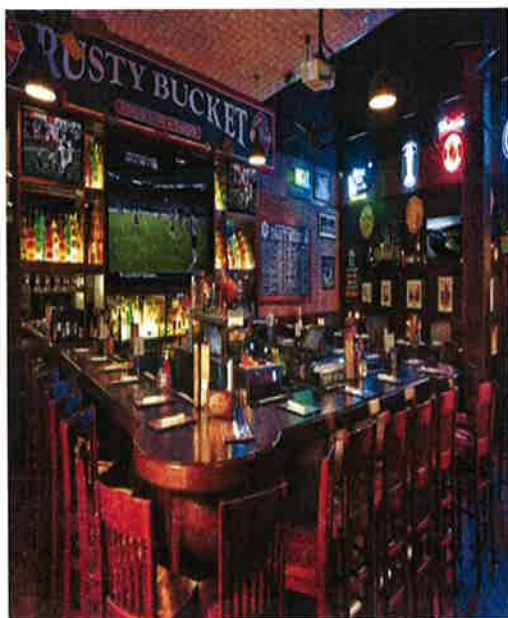
By Andrew

Overall Rating: 5/5

Food: 5/5

Service: 5/5

Ambience: 5/5



I highly recommend Rusty Bucket. There are several Rusty Bucket restaurants in Columbus. There is a large TV on the wall, and it has a sports bar ambience. An entrée that I really like is the fish filet sandwich with cheese and cocktail sauce, with only lettuce and no onions and tomatoes. I enjoy having this sandwich with a Cherry Coke. I go to Rusty Bucket

Favorite Apps

By Rob

10

iSpeechTTS

- iSpeech will instantly read the words
- www.ispeech.org

Pros	Cons
Free (English)	Voice is too fast
Pretty easy	\$9.99 for different languages
Variety of voices	Might need two apps
Good for practicing	You must be able to speak OR write words

Dragon Dictation

- Mobile application you can use to send and receive messages
- www.dragonmobileapps.com

Pros	Cons
Free	Might need two apps
Pretty easy	You must be able to speak OR write words
SMS, email, Facebook, and Twitter	
Copy– iSpeechTTS	
Good for practicing	

Talk Path News

- <http://therapy.aphasia.com>

Pros	Cons
Real voice	Sporadic updates
Trial	\$\$\$
Good visuals	
Slow speech	
Comprehension— 3 questions	

Read2Go

- The most accessible e-book reader app for readers with print disabilities
- www.bookshare.org

Pros	Cons
Read in text only or text-to-speech	Monotone voice
Control font size, color, background, and reading speed	Pretty expensive - \$150.00 yearly
Volume	Authorized by speech pathologist

The Recycled Furniture I Made

By Chris



I used slats from a swing to build this cabinet.



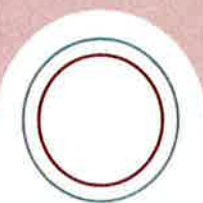
I made this rooster using a router. I hammered thumb tacks, different sized nails, and upholstery tacks onto the surface.



This porch cabinet was made from wood that my brother gave me. The wood came from an old smoke house.

The OSU Aphasia Initiative is a program for persons living with aphasia that provides structured group sessions to facilitate functional communication skills through activities that are enriching, engaging, and meaningful. Recognizing a duty not only to serve persons with aphasia, our mission includes clinical training for the next generation of speech-language pathologists as well as opportunities for members to participate in research. All group meetings are held in room 99 in Pressey Hall on Ohio State University's West campus. Group sessions are facilitated by students pursuing undergraduate and graduate degrees in Speech & Hearing Science, and are supervised by a licensed and certified speech-language pathologist.

The Ohio State University
Department of Speech & Hearing Science
Pressey Hall, Room 99
1070 Carmack Road
Columbus, OH 43210
614-688-1188
osuaphasiainitiative@gmail.com



THE OHIO STATE UNIVERSITY

