# STAYING SHARP OVER THE SUMMER

#### **Coffee Club:**

 UConn Aphasia Group Coffee Club during the summer is a way to meet up and practice talking with others from the group.

- Look for an email if you signed up for group members' information (emails, phone numbers).
- To avoid communication problems: Meet as a group at 2:30 on Monday, April 30th at Clinic in upstairs

<u>conference room</u> to help set up meetings with other members in the future (optional).

- No rules, no assignments
- Email or text to set a date for conversation or coffee with another member

## **Research Study Opportunities**

- Look for research opportunities at universities and hospitals. TREATMENT research studies are best but it's also fun to participate in studies that benefit science.
- CURRENT aphasia rehab lab study. You will take language and cognitive tests. One meeting for 1.5-2 hours, free parking, 20 dollars an hour for participation. Contact Jen or Amanda to sign upamanda.wadams@uconn.edu.
- ANOTHER study at UCONN: You will listen to sounds and press buttons. This one is longer and includes an fMRI scan. If interested, contact Jen.
- Free, intensive treatment and short term housing available for veterans willing to travel to Pittsburgh to be in a study: https://www.pittsburgh.va.gov/pirate/

#### Other

- Practice using the telephone
- Toast Masters Club to practice speeches
- Health Conversation groups to talk about diagnoses and what to do
- Physical activity: yard work, cleaning out garage, home repairs
- Fun activities: watching sports games, listening to music concerts, theater, beach going, surfing, etc.
- Pursuing hobbies: selling items online, working on car, cross-stitch.
- Activities sponsored by local hospitals, senior centers, rehab facilities: for example, Mt Sinai Activities/St Francis Care Specialized Outpatient Programs: golf and rowing.
  - http://www.stfranciscare.org/specializedoutpatient-programs
- Educate other people on aphasia: giving out information so people will understand better
- Travel
- See Family

- Research/Read about your stroke, health, aphasia or anything you like
- Work on getting your license back by going through the course: Easter Seals/AAA/ State of CT?
- Puzzles, crosswords, sudoku, Words with Friends (on computer)
- Stay Active and Engaged!



### Some reading and tests of comprehension:

\*Below is a list of book suggestions to read and website links to chapter by chapter comprehension questions

The Glass Castle by Jeannette

Walls <a href="http://www.hart.k12.ky.us/userfiles/1101/Classes/8723/the%20glass%20castle%20by%20jeannette%20walls.pdf?id=77878">http://www.hart.k12.ky.us/userfiles/1101/Classes/8723/the%20glass%20castle%20by%20jeannette%20walls.pdf?id=77878</a>

Hunger Games by Susan Collins <a href="https://stmary.dcdsb.ca/en/programs-and-services/resources/English-and-Moderns/Gr-9-Core-Novel-Questions-HUNGER-GAMES.pdf">https://stmary.dcdsb.ca/en/programs-and-services/resources/English-and-Moderns/Gr-9-Core-Novel-Questions-HUNGER-GAMES.pdf</a>

Catching Fire by Susan Collins

http://englishcaddy.org/EC%20Documents/hunger%20games%20catching%20fire%20comp%20questions.pdf

The Martian by Andy Weir <a href="http://www.bookrags.com/studyguide-the-martian/free-guiz.html#gsc.tab=0-">http://www.bookrags.com/studyguide-the-martian/free-guiz.html#gsc.tab=0-</a>

Divergent by Veronica Roth

https://www.lee.k12.nc.us/cms/lib03/NC01001912/Centricity/Domain/1777/DivergentComprehensionQuestions.pdf

Into the Wild by John Krakauer

http://www.georgetownisd.org/cms/lib/TX01001838/Centricity/Domain/594/whole%20book%20study%20questions.pdf

The Giver by Lois Lowry

http://www.delano.k12.mn.us/files/pluginfiles/item\_10697/field\_123/The\_Giver\_Study\_Guide.pdf

Life of Pi by Yann Martel <a href="https://learn.stleonards.vic.edu.au/vceeng/files/2014/07/Life-of-Pi-Chapter-Questions.pdf">https://learn.stleonards.vic.edu.au/vceeng/files/2014/07/Life-of-Pi-Chapter-Questions.pdf</a>

A Man Called Ove by Fredrik Backman <a href="http://www.bookrags.com/studyguide-a-man-called-ove/free-quiz.html#gsc.tab=0">http://www.bookrags.com/studyguide-a-man-called-ove/free-quiz.html#gsc.tab=0</a>

The Curious Incident of the Dog in the Night-Time Novel by Mark Haddon
<a href="http://www.newpaltz.k12.ny.us/cms/lib/NY01000611/Centricity/Domain/111/study\_guide\_">http://www.newpaltz.k12.ny.us/cms/lib/NY01000611/Centricity/Domain/111/study\_guide\_
The Curious Incident of the Dog in the Night.doc</a>