



# Aphasia Resource Center



## Summer Session 2021

May 24, 2021 – August 5, 2021

*All groups will be held online via Zoom, a video conferencing service. High speed internet and the use of a laptop, desktop computer or tablet is recommended for the best experience.*

<http://www.bu.edu/aphasiacenter>

[aphasiacenter@bu.edu](mailto:aphasiacenter@bu.edu)

(617) 353-0197

*Registration Deadline: Friday, May 7, 2021*

# Registration

The **Aphasia Resource Center** is pleased to announce the Summer 2021 Program.

## **Enrollment**

You may request enrollment by completing the separate registration form.

If you are new to groups, please see the section “New Referrals” below.

- Forms can be completed and sent by email to [aphasiacenter@bu.edu](mailto:aphasiacenter@bu.edu)
- You may also register by phone at (617) 353 - 0197
  - Please leave a message with your name, contact information and group selection(s).

## **Requirements for Participation**

Given the need for online participation, group members must have access to Zoom with video and audio, as well as access to email.

## **Deadline**

Registration request forms **MUST** be received by **Friday, May 7, 2021** to receive full consideration.

## **Placement and Confirmation**

Group enrollment numbers will be strictly limited to preserve the quality of the treatment, and to maintain safety regulations. Requests will be reviewed to determine appropriateness of each individual for the requested group(s). Registration requests received after the deadline will be assigned on a first come, first served basis while space is available.

If you wish to enroll in more than one group, please **RANK** the groups according to your preference. Please also indicate the **TOTAL** number of groups you would like to take. Places will be assigned based on your preference.

We encourage you to request as many groups as you wish; however, **registration requests are not a guarantee of enrollment**. You will receive confirmation of enrollment with your group placement no later than **Friday, May 21, 2021**. If you do not receive a confirmation, please contact the center.

## **New Referrals**

To help us provide the best possible care, we ask that all new referrals send a recent evaluation report from another facility along with your application.

## **Summer Faculty**

Magdalen (Maggie) Balz, M.S., CCC-SLP

Anne Carney, M.S., CCC-SLP

Jerome Kaplan, M.A., CCC-SLP

Sarah Kapica, M.S., CCC-SLP

Rhea-Mari Saldanha, M.S. CCC-SLP

## **Note about Online Groups**

Information about joining online groups with Zoom will be shared after group confirmations have been sent out.

# Monday Groups

## Monday Morning Groups

### Toastmasters/Storytelling

This group will focus on communicating effectively when speaking in groups. It is modeled after Toastmasters International, whose philosophy is to learn by doing in a supportive environment. Group Members will share stories and experiences on a variety of topics and will provide feedback to each other. Specific strategies in areas such as organization, eye contact, use of notes, and visual materials will be provided. The goal is to enable the storyteller/speaker to more effectively communicate in group speaking situations.

**Meeting time:** Mondays, 10:30–11:45 am

**Faculty:** Jerry Kaplan

### Health & Wellness

This group will focus on discussing current topics related to health and wellness. Topics will include healthy eating, mindfulness, exercise, sleep and other themes related to well-being as suggested by group members. Presentations on wellness topics by group members will be encouraged and supported. Group members will be asked to participate in an interview and complete a short survey before and after the group.

**Meeting time:** Mondays, 10:30–11:45 am

**Faculty:** Anne Carney

## Monday Afternoon Groups

### Movies

This group will feature both classic and contemporary movies and documentaries, including silent movies. Participants will receive links to movies and documentaries to watch at home. During each session, we will watch specific scenes and discuss the plot, characters, relationships, and other aspects of the movie. Movie suggestions from group members are encouraged.

**Meeting time:** Mondays, 1:00 – 2:15 pm

**Faculty:** Jerry Kaplan

### Aphasia Book Club

This group meets to discuss the content and ideas generated through reading a text. The “book” is ~300 pages in length and is chosen by the group members from a choice of 4-5 offered texts. Group members may read the text or listen to an audio version.

**Meeting time:** Mondays, 1:00 – 2:15 pm

**Faculty:** Rhea-Mari Saldanha

# Wednesday Groups

## Wednesday Morning Groups

### Podcast Group: Stories for Learning and Laughing

This group will review and analyze the art of storytelling by reviewing podcasts created by others. Every member of the ARC has a valuable and meaningful story to share. Group members will have the opportunity to make a podcast and answer, *What does aphasia mean to you? How has aphasia impacted your life?* Participants will need to speak in short sentences or phrases.

**Meeting time:** Wednesdays, 10:30 am – 11:45 am

**Faculty:** Maggie Balz

### Talk of the Town!

Many of us enjoy reading or watching the news. In this group, we will practice sharing thoughts and ideas as we discuss current events taking place locally as well as around the world. Together, we will read and/or watch news articles and discuss these current events. Each meeting, we will also focus a portion of the discussion on at least one positive news story. Participants should understand spoken or written language at a paragraph level.

**Meeting time:** Wednesdays, 10:30 – 11:45 am

**Faculty:** Anne Carney

## Wednesday Afternoon Groups

### Community Connection

This group uses structured activities to focus conversation around central themes or ideas and will end with a community-focused activity. In each session, we will work hierarchically through the chosen theme allowing group members to build on vocabulary and increase their communicative effectiveness. In the last week, depending on the current social distancing restrictions, we will plan an event to celebrate the theme for the semester. This may include a virtual community visit, such as a virtual tour of a local museum, or some other “safe” celebration of the theme. Our aim is to keep each session meaningful and interesting, creating opportunities to share ideas, experiences and have fun.

**Meeting time:** Wednesdays, 1:00 pm – 2:15pm

**Faculty:** Maggie Balz

### Toastmasters/Storytelling

This group will focus on communicating effectively when speaking in groups. It is modeled after Toastmasters International, whose philosophy is to learn by doing in a supportive environment. Group Members will share stories and experiences on a variety of topics and will provide feedback to each other. Specific strategies in areas such as organization, eye contact, use of notes, and visual materials will be provided. The goal is to enable the storyteller/speaker to more effectively communicate in group speaking situations.

**Meeting time:** Wednesdays, 1:00 pm – 2:15pm

**Faculty:** Rhea-Mari Saldanha

# Thursday Groups

## Thursday Morning Groups

### Total Communication

This group will incorporate conversation, writing, gestures, and other forms of verbal and non-verbal communication. The emphasis will be on effective communication through any means. This group is designed for people with more severe forms of aphasia.

**Meeting time:** Thursdays, 10:30–11:45 am

**Faculty:** Jerry Kaplan

### Aphasia Book Club: Non-Fiction

This version of book club will meet to discuss the content and themes from a non-fiction text. The book will be selected by the group members from several current best-seller choices. Group members may read the text or listen to an audio version.

**Meeting time:** Thursdays, 10:30–11:45 am

**Faculty:** Sarah Kapica

## Thursday Afternoon Groups

### Music Appreciation Group

The Music Appreciation Group, formerly the Chorus Group, will gather via Zoom Video to discuss, listen to, and perform songs from a variety of genres. Group members will be encouraged to share favorite songs, music videos, perform on their own musical instruments and in group singing.

**Meeting time:** Thursdays, 1:00 pm – 2:15pm

**Faculty:** Jerry Kaplan

### Conversation

This group will address functional communication through talking, gesturing, drawing, and writing. Drawing upon our experiences and interests, participants will practice using effective strategies to exchange ideas and develop connections through communication.

**Meeting time:** Thursdays, 1:00 pm – 2:15pm

**Faculty:** Sarah Kapica

# Group Meeting Dates

## Monday Groups Meeting Dates

May 24 ( <i>First day of Monday groups</i> )	July 12
June 7	July 19
June 14	July 26
June 21	August 2
June 28	

## Wednesday Groups Meeting Dates

May 26 ( <i>First day of Wednesday groups</i> )	June 30
June 2	July 14
June 9	July 21
June 16	July 28
June 23	August 4

## Thursday Groups Meeting Dates

May 27 ( <i>First day of Thursday groups</i> )	July 1
June 3	July 15
June 10	July 22
June 17	July 29
June 24	August 5

# Aphasia Community Group

## *Saturday Group*

Now in its 32<sup>nd</sup> year, the Aphasia Community Group provides education, support, socialization, and resources for those whose lives have been touched by aphasia and related disorders.

Presentations on treatment, recreation, community and family support are offered by group members and guests. In the last portion of each session, the group is divided into smaller "breakout" sessions to share ideas, feelings, and concerns.

*Given the current social distancing requirement, the monthly in-person Aphasia Community Group is suspended. However, we will offer online sessions on the dates listed below. We will send email announcements about these online sessions with the zoom link information.*

**Meeting time:** Saturdays, 11:00 am – 12:30 pm

**Faculty:** Jerry Kaplan

<b>Saturday Meeting Dates</b>	
May 1	July 10
May 15	July 24
May 29	August 7
June 12	August 21
June 26	

## Tuesday Caregivers Support Group

This group is intended to be a place where caregivers can voice their concerns, ask questions, discuss topics that affect them, and share experiences. Topics which may be addressed include stress, intimacy, loneliness, hope, guilt, hopelessness, as well as other concerns. Caregivers are expected to attend each session--barring unforeseen circumstances--in order to maintain continuity, ensure confidentiality, respect, and empathy among the participants.





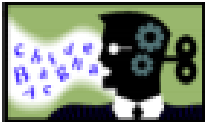









**Meeting time:** Tuesdays at 10:30 am

**Group led by:** Celina Mark

***Please contact Celina directly at [sheila.correemark@gmail.com](mailto:sheila.correemark@gmail.com)***

# Aphasia Resource Center

Summer 2021

Times	Monday	Wednesday	Thursday	Saturday
<p><b>10:30am-11:45am</b></p>	 <p>Toastmasters/ Storytelling (Jerry Kaplan)</p>  <p>Health &amp; Wellness (Anne Carney)</p>	 <p>Podcast Group (Maggie Balz)</p>  <p>Talk of the Town! (Anne Carney)</p>	 <p>Total Communication (Jerry Kaplan)</p>  <p>Aphasia Book Club: Non-Fiction (Sarah Kapica)</p>	 <p>11am-12:30pm</p> <p><b>May 1, 2021</b> <b>May 15, 2021</b> <b>May 29, 2021</b> <b>June 12, 2021</b> <b>June 26, 2021</b> <b>July 10, 2021</b> <b>July 24, 2021</b> <b>August 7, 2021</b> <b>August 21, 2021</b></p>
<p><b>11:45am-1:00pm</b></p>	 <p>Lunch Break</p>			
<p><b>1:00pm-2:15pm</b></p>	 <p>Movies (Jerry Kaplan)</p>  <p>Aphasia Book Club (Rhea-Mari Saldanha)</p>	 <p>Community Connection (Maggie Balz)</p>  <p>Toastmasters/ Storytelling (Rhea-Mari Saldanha)</p>	 <p>Music Appreciation (Jerry Kaplan)</p>  <p>Conversation (Sarah Kapica)</p>	