



ACC Connection

Volume 24, Issue 2 ♦ Fall 2021

25 Years of Rebuilding Communication and Tranforming Lives

"No act of kindness, however small, is ever wasted."

-Aesop

By Roberta J Elman, PhD President and Founder Aphasia Center of California

We thought you'd be interested to learn about some of the ACC's key innovations and achievements over the past 25 years:

- We provided more than 100,000 group visits across all ACC programs.
- We offered a wide and changing array of direct program services including Communication Groups, Book Club Groups, Care Partner Groups, News Forum Groups, Podcast Listening Groups, Digital Photography Groups, Internet "Genius Bar" Program, Movie Groups, TED Talk Groups, Music Club Groups, Club Aphasia Games, Art Classes, KeyStrokes Aphasia Choir, Re-

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laxation Groups, Family Game Nights, and Second Opinion Evaluations.

• We provided ongoing information and referral about aphasia and community services to local, national, and interna-

tional callers.

• We distributed more than \$300,000 in sliding fee subsidies to participants with financial challenges. No one has ever been turned away due to financial need.

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A Virtual Toast to 25 Years at the ACC—Now on YouTube!

To celebrate the ACC's 25th Anniversary, we held a very special virtual event on September 25th. Past and present ACC participants, speech-language pathology staff, graduate externs, board members, volunteers, family members, and friends of the ACC, gathered online to honor all that the ACC has accomplished since 1996. This action-packed event included an ACC Trivia Challenge game between ACC speech-language pathologists Giti Cira and Lyssa Rome with Emcee Dr. Roberta Elman (a big thank you goes to ACC volunteer Katelyn Eng for her technical and creative talents putting this game together); ACC participant, Trish



ACC Participant Trish Dumlao singing This Little Light of Mine

Dumlao, singing a beautiful rendition of "This Little Light of Mine;" ACC speech-language pathologist, Madison Fox, describing the ACC Music Club groups; a conversation between Dr. Audrey Holland and ACC President & Founder Dr. Roberta Elman about life partici-

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Our Mission Statement: The mission of the Aphasia Center of California is to enhance communication skills, quality of life, and overall well-being for all those affected by aphasia.





APHASIA CENTER OF CALIFORNIA 25 YEARS OF REBUILDING COMMUNICATION AND TRANSFORMING LIVES



Aphasia Center of California's 25 Year Report

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• We presented more than 160 papers, seminars or full-day workshops in 9 countries, 27 U.S. states, and the District of Columbia about the ACC, Aphasia Communication Groups, the Life Participation Approach to Aphasia, and C.A.P.E. (Essentials for Aphasia Treatment: C = Connecting People with Aphasia; A = Augmentative & Alternative Communication; P = Partner Training; E = Education and Resources).

- We wrote more than 50 publications including books, chapters, and peer-reviewed journal articles.
- We created the ACC's Book ConnectionTM Program including a manual and aphasia-friendly curriculum materials for more than 35 books that speechlanguage pathologists use to create their own community aphasia book clubs.
- We received funding from the San Francisco Foundation to train first responders and health-

care providers in Communication Strategies and Techniques for people living with aphasia.

- We held annual ACC "Walk to Talk" events from 2003 to 2019 to raise aphasia awareness and ACC program funds in honor of National Aphasia Awareness month (June).
- We provided more than 40 externships to Speech-Language Pathology graduate students from universities across the United States and Canada.

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Thank You to Our Generous Donors

January - July 2021

If we have made any errors in this listing, please accept our apologies and contact us at (510) 336-0112.

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Rebuilding Communication, Transforming Lives

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- We were selected by the Lesher Foundation as a partner charity for Captain Mark Kelly's talk in their speaker series (now Senator Mark Kelly of Arizona). Senator Kelly spoke about his wife, Gabby Giffords, and her aphasia recovery.
- We participated in US-Japan Friendship Day in 2007. Japanese speech-language pathologist, Mr. Endo, accompanied 35 people with aphasia and family members from Japan to the San

Francisco Bay Area for a day of talking, singing, and exercising with ACC members. It was a powerful example of how people can communicate even with the language barriers imposed by aphasia AND a different native language.

With your help, the ACC has had an amazingly productive 25 years. Here's to the next 25 years of innovation to support people with aphasia in rebuilding their communication and transforming their lives!

Virtual Toast Now on YouTube

Continued from page 1 pation, aphasia groups, and the importance of community and connection for those living with aphasia; interviews with ACC participants Carmen Arnold, Roy Grimstad, and Joan Fribley; ACC Board Chair Dr. Myrna Schwartz describing her experience and impressions regarding the ACC's many accomplishments; and much more! If you weren't able to attend, you can toast the ACC and watch our wonderful celebration on the ACC's YouTube page: https://aphasiachallenge.org/ ACC25VIDEO



Thank You to Our Generous Donors

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January - July 2021

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Aphasia Center News

Keeping Up-to-Date with ACC News!

If you'd like to keep up-to-date on everything that the ACC is doing (in between our bi-annual ACC newsletter issues), we post a few times a week on the ACC's Facebook page and Twitter account. In addition to sharing information about ACC programs and events, you'll find posts with useful educational information, news stories, and videos about aphasia, stroke, fitness, and nutrition. Check it out!

Facebook page:

www.Facebook.com/AphasiaCenterofCalifornia

Twitter account: @aphasia_acc

Birthday? Anniversary? Help the ACC and Raise Awareness of Aphasia!

We hope you'll always keep the Aphasia Center of California (ACC) in mind whenever you're getting ready to celebrate a birthday, anniversary, or any time you'd like to support the ACC! It's super easy to create a fundraiser and raise donations on Facebook. The best part is that every dollar raised is passed along to the ACC for support of our innovative aphasia programs.



Virtual Trivia Bowl Contestants, ACC speech-language pathologists, Giti Cira and Lyssa Rome, along with Game Emcee, Dr. Roberta Elman

Here's the direct link that you can use to create a Facebook fundraiser: https://www.facebook.com/fund/AphasiaCenterofCalifornia/

And remember, if you need any assistance in creating your fundraiser, please don't hesitate to contact us at 510.336.0112.

Thank you so much for your support!! YOUR donations are helping to improve the lives of so many people living with aphasia!

Aphasia T-shirts, Totes, and Masks! Perfect Holiday Gifts!

We've opened an "Aphasia Awareness" Bonfire store where you can purchase an ACC t-shirt, tote or mask to help raise aphasia awareness. All proceeds will go towards funding programs at the ACC. Thank you in advance for helping to spread the word, one t-shirt, tote or mask at a time! Here's the link to the Aphasia Center' of California's store: https://www.bonfire.com/store/aphasia-center/

Credit Card Donations Are Easy to Make!

Did you know that you can make a donation with your credit card to the Aphasia Center? It's easy to do! Just go to the Aphasia Center of California "Donate" button on the home page of our website: www.aphasiacenter. org You can make a one-time donation or a monthly, quarterly, or annual recurring donation. All donations help us make a dramatic difference in the lives of those affected by aphasia.

APHASIA CENTER BOARD OF DIRECTORS

President: Myrna Schwartz, Ph.D. Vice-President: Steve Fry Secretary-Treasurer: Betty Bugaj, DPT Magdalena Brink Roberta J. Elman, Ph.D. Doris Tabor Floyd Susanne Gahl, Ph.D Gail Staba M.S.

The 2021 Virtual ACCept the Challenge

The Aphasia Center of California (ACC) held its first virtual challenge in September. In the spirit of celebrating the ACC's 25th anniversary, we asked ACC participants to select their own personal challenge. Their individualized challenge could be anything that supported their own participation in life. And to honor the ACC's 25 years, we incorporated "25" into those challenges.

Our original fundraising goal was set at \$25,000 to honor the ACC's anniversary. We never imagined how incredible your support would be: more than 450 ACC participants, family members, and friends

made contributions! We also received a very generous \$10,000 challenge match from a wonderful ACC donor. You helped us <u>triple our original goal</u>: we raised over \$75,000!! Your donations will help launch the ACC into its next 25 years and will be used to support and expand ACC program services. THANK YOU to everyone who raised and made donations!!

Here are just a few examples of some of the personal challenges that ACC members selected:

Made a 25 minute phone call (family/friend/business) or Made a 2.5 minute phone call on 10 occasions
 Continued below



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Virtual ACCept the Challenge (cont.)

- Typed 25 emails or Typed/Wrote/Copied 25 words on a sheet of paper
- Read 25 pages a day/week/month or Read 25 words a day
- Walked/Swam/Biked 25 miles or Walked/Swam/ Biked 2.5 miles (daily or weekly)
- Did something CREATIVE for 25 minutes per day:
 - *Drawing or painting or photography
 - *Cooking
 - *Sewing or knitting
 - *Practicing a musical instrument

*Singing a favorite song

Each person who lives with aphasia is unique, so each personal challenge was chosen to meet that person's individual goals and interests.

Thank you so much! Your continued generous support makes everything we do possible for people living with aphasia and their families!

Special Thanks to the Wilder Green Fund and the late Nancy Park for Generously Supporting the ACC for 10+ Years!