



Mid-Atlantic Aphasia Conference Newsletter

www.midatlanticaphasiaconference.org

Volume #2

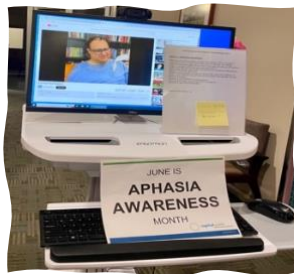
Issue #3

July 2025

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Aphasia Scavenger Hunt at Capital Health



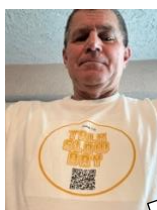
MAAC Celebrates with P.A.C.T. (The Philadelphia Aphasia Community at Temple (University))



Awareness!

CONNECTION!

Advocacy!



Talk Slow Day - 2025



What It Is:

Talk Slow Day is an unofficial awareness day (June 10) to support individuals with neurological communication disorders such as aphasia, or diseases like Alzheimer's or cerebral palsy.

Why It Matters:

- Fast, unclear speech can be a barrier to communication.
- Speaking slowly and clearly helps ensure messages are understood, especially for those with receptive aphasia.

It's important to speak like an adult—not in a babyish way.

How to Celebrate:

- Practice mindful, slow, face-to-face conversations.
- Take breaks from technology to engage in real conversations.
- Host or attend events like storytelling or poetry readings.
- Join the online movement using hashtags **#TalkSlowDay** and **#Aphasia**.

Wear a "Talk Slow Day" sticker to show support.



Tie Thinks He Has Aphasia!

Tie – Do I have aphasia?

Me – No Tie! Why do you think that you have aphasia?

*Tie – Well, I am a **French** Bulldog and I can't speak French!*

Me – Tie, you are from Missouri! You speak dog, not French. But some people lose their ability to speak other languages after a stroke or brain injury including their primary language. Do you understand?

*Tie – A little. ("**un peu...**")*

Me – I have met people that spoke several languages before their stroke or brain injury and can't use the languages anymore. There are people that moved to the U. S. and can't use their primary tongue because of a stroke or brain injury. Do you know that there is a rare speech disorder called Foreign Accent Syndrome (FAS), where a person's speech develops a foreign accent?

*Tie – I didn't know that. ("**Je ne sais quoi.**")*

Me – Every stroke or brain injury are different, so you can't just think it is a cliché.

More Information:

<https://myerslab.uconn.edu/wp-content/uploads/sites/291/2021/04/DigestSpring2021-1.pdf>

<https://www.healthline.com/health/neurological-health/foreign-accent-syndrome>

MAAC in the community!





Singing and Aphasia.



Sandy Stein, S.L.P.- CCC

After a stroke and traumatic brain injury, many people (about 25–40%) have trouble with language, called **aphasia**. This can make it hard to talk, understand others, read, or write. It can also lead to feeling alone or sad.

Aphasia usually happens when the **left side of the brain** is affected. There are two common types:

- **Broca's aphasia:** Trouble speaking clearly or forming sentences.
- **Wernicke's aphasia:** Trouble understanding what others say; speech may sound fluent but not make sense.

Despite speech challenges, some stroke survivors can still **sing**, as singing involves the brain's right hemisphere, which may remain unaffected. This opens the door to **music-based therapy** as a rehabilitation tool. Even if speaking is hard, **singing** may still be possible. As singing uses the **right side of the brain**, which often still works after a stroke, this can help you speak more easily.

Singing helps the brain heal. The brain can change and learn new ways to work—this is called **neuroplasticity**. Repeating tasks, like singing, helps the brain practice and improve speech and language. Singing engages the right hemisphere, helping improve speech production, memory recall, and word retrieval. Singing can support people with aphasia in expressing emotions. A speech therapist can guide you, or you can sing along with music at home.

Sing your favorite songs often—in therapy, with others, or by yourself. Break out your old records or CD's, listen on the computer or make up your own songs! Sing your favorite songs along with the music. Not only will it help with brain development and communication skills, it will make you feel better! It's fun, good for your brain, and can help you feel better and connect with others.



References:

<https://www.flintrehab.com/melodic-intonation-therapy-aphasia/>

<https://www.psychiatrist.com/news/how-does-singing-help-aphasia-patients-find-their-voices/>

<https://www.psychologytoday.com/ua/blog/music-for-the-ageing-brain/202305/group-singins-supports-communication-in-aphasia?msocid=158e3ef8>

From The Editor's Desk:



Summer can be a good time for people with aphasia.

- ☼ warm weather helps people get outside more
- ☼ walk, enjoy the sun, or sit in nature
- ☼ being outside may make you feel happy and calm

Summer can also mean more time with family and friends.

- ☼ cook-outs, get-togethers, and outdoor fun
- ☼ time to connect and communicate. Even if talking is challenging- smiling, laughing, and being together feels good.

Summer **is not** a time to stop working on your communication goals and exercising your brain! There are so many activities you can try.

- ☼ Visit a new aphasia support group (Zoom or in person), visit a park, or go to a music event- many are free in the summer
- ☼ Try a new puzzle or game
- ☼ Enjoy whatever you chose to do!

Summer is a great time to enjoy life and practice communication in small, easy ways.

Denise

MAAC
Mid-Atlantic Aphasia Conference

IN PERSON

**SUNDAY
SEP 28
10AM - 3PM**

GET TOGETHER

Join us for the 4th Annual
MAAC Aphasia Get Together

FUN FOR PEOPLE WITH APHASIA, FAMILIES, FRIENDS,
PROFESSIONALS (THERAPISTS, STUDENTS), AND ALL

GAMES AND ACTIVITIES

Sharing EXPERIENCES

LIGHT SNACKS AND REFRESHMENTS (REGISTER
FOR TICKET)

BRISTOL TOWNSHIP AMPHITHEATER
2501 BATH RD, BRISTOL, PA 19007
(Bring your own lawn chair)

For More Info Contact Mark Harder
msharder.maac@gmail.com or 215-852-0730

Reserve here for ticket

Bristol Township Fall Festival

Saturday, September 20, 2025

Join **M.A.A.C.** and **share aphasia awareness** at the biggest event of the year!

- food trucks
- crafts
- kid-friendly activities: inflatables, moon bounces, interactive games, photo booth, balloon artists, face painters, characters!
- 80 vendors, raffle baskets, 50/50 and so much more.

So, mark your calendar



(September 20, 2025)

and kick off the fall season at the **best** Fall Festival in Bucks County!

The MAAC President's Message:

Visiting the Brooks Rehabilitation Aphasia Center (BRAC)

If you are preparing for a trip, vacation or special event, think about adding another day to visit a new aphasia center, rehab, or support group.

I am glad I did!

June 8th was my sister's 75th birthday and my brother-in-law invited us for a party on June 7th in Jacksonville, Florida. I planned to visit the **Brooks Rehabilitation Aphasia Center** right there!

I met Kayla Fouraker, Speech Therapist, in Pittsburgh during the Aphasia Access Conference. While we talked, I mentioned that my sister lived in St. Augustine, Florida.

Kayla said that the **Brooks Rehabilitation Aphasia Center** is in Jacksonville, Florida and I should visit! What a coincidence!

Or was it?

I had to be there!

So, after we got the information of my sister's party, I called Kayla and asked if I could visit.

She said yes and helped me feel welcomed. I met the group and I was allowed to do a presentation on my aphasia journey, Poems in Speech, and the Mid-Atlantic Aphasia Conference.

There were four sessions and a lunch.

The BRAC group and staff are brilliant!!

I wish I lived closer!

Mark



Mark Harder
President, Mid-Atlantic Aphasia Conference
Creator of Poems in Speech
National Aphasia Association Ambassador

September 26, 2025 at 6:40pm





Friday, September 26th
at 6:45pm ET

**Aphasia On the BIG
SCREEN!!!**

Twins v/s Phillies

MAAC is raising APHASIA
awareness!
Get the Word Out!
APHASIA!!!



at





Email MARK for tickets! – msharder.maac@gmail.com

Tickets are discounted! Only \$25

MAAC QUARTERLY SCHEDULE/CALENDAR

July, August, & September 2025

Date	Session	Topic/Guest
2 nd Monday, July 14 th at 7:00pm	MAAC Support Group For people with aphasia and care givers/care partners On Zoom	<i>Special Guest</i> Aphasia Phil! <i>Advocate, NAA Ambassador</i>
4 th Monday, July 28 th at 7:00pm	MAAC Conversational Group Combined group for people with aphasia and care givers/care partners On Zoom	
2 nd Monday, August 11 th at 7:00pm	MAAC Support Group For people with aphasia and care givers/care partners On Zoom	<i>Special Guest</i> Hilary Sample, MA, CCC-SLP and Steven Leeds Richman, MA, MD <i>Communication Rescue Services</i>
4 th Monday, August 25 th at 7:00pm	MAAC Conversational Group Combined group for people with aphasia and care givers/care partners On Zoom	
2 nd Monday, September 8 th at 7:00pm	MAAC Support Group For people with aphasia and care givers/care partners On Zoom	<i>Special Guest</i> Debbie Burd <i>Care Giver</i>
Saturday, September 20th 11 am -4 pm	Bristol Township Fall Festival- free entry <i>JOIN US at:</i> <i>Bristol Township Amphitheater</i> <i>2501 Bath Road, Bristol, PA 19007</i>	
4 th Monday, September 22 nd at 7:00pm	MAAC Conversational Group For people with aphasia and care givers/care partners On Zoom	
Friday, September 26th at 6:40pm	MAAC on the Big Screen with the PHILLIES! Phillies vs. Twins  	
Sunday, September 28th 10 am-3pm	4th Annual MAAC Get-Together Bristol Amphitheater	

For more info: scan this!

