

My Testimony for Toastmasters  
6/15/2021

In the summer of 2016, we were vacationing in San Antonio, Texas, when I got a concussion. It left me without short term memory. We were ready to go out and I volunteered to close the garage door and the door came down on my head, knocked me down to the floor, and then I hit my head again. Externally, not much had changed. I had a bad bump on the head, and redness, but internally, there was a change. I could no longer remember what had happened to me, and my husband explained again and again, and I still could not remember.

My husband got upset, thinking our life together would be over, and I would have to go to a nursing home. I was taken to a local hospital and diagnosed with loss of short-term memory due to a concussion.

For me, life was difficult, trying to remember things, names and places. The doctor recommended that I do sudoku, which I did, but without much improvement. In my research, I found a study that recommended for my condition to learn by heart parts of a speech and deliver the speech. It was at this time that I found out about Toastmasters. I went to a meeting and later came back. I started writing speeches and learned them by heart, and I noticed that my short-term memory started to work better. I was able to associate data, and that was good. I give credit for my recuperation to Toastmasters because the system of speech delivery makes my mind work. I am grateful to the Bridgebuilders group for the constant motivation, and encouragement they give to new members and the positive attitude they always demonstrate. All this has made a miracle happen.

Maria