

TABLE TALK

September 2009

THE YORK-DURHAM APHASIA CENTRE

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TABLE TALK ISSUE #18

tabletalk@ydac.on.ca

YORK-DURHAM APHASIA CENTRE 20th ANNIVERSARY CELEBRATIONS



1989-2009

Celebrating 20 Years of Community Service
to Adults with Aphasia & Related Communication Disorders

During the **week of November 3, 2009** events will be happening at each of our 7 sites to **celebrate our history and achievements** over the past **20 years**.

Our "**alumni**" (former **clients, families, volunteers and staff**) as well as our **community partners and colleagues** are invited to join us!!

SAVE THIS DATE!!

Saturday, November 7th, 2009

6:00 to 9:00 pm

"Celebrating Communication: YDAC at 20"

featuring

Motus O Dance, Theatre,

Whitney Barris, Actress/Singer

Erik Patterson, Guitarist

Jeff Scott, MC

Nineteen on the Park Theatre 19 Civic Avenue, Stouffville

Tickets: \$25.00

**Information: 905-642-2053 ext. 100 or
email: ydac@ydac.on.ca**



20th Anniversary of York-Durham Aphasia Centre **Come Celebrate the week of November 2, 2009**

Why?

- To **celebrate friendship** and **support** through YDAC
- To **thank people** who **worked** hard to **establish** and **continue** YDAC services
- To **explain** to the public about **aphasia**
- To have **FUN!**

How?

- **Come to a party** for people attending each program at their **own program time** and site the **week of Nov. 1**
- **Come to a live concert** celebrating different **ways to communicate** (dance, song, art)

More information will be **available** at each program soon.

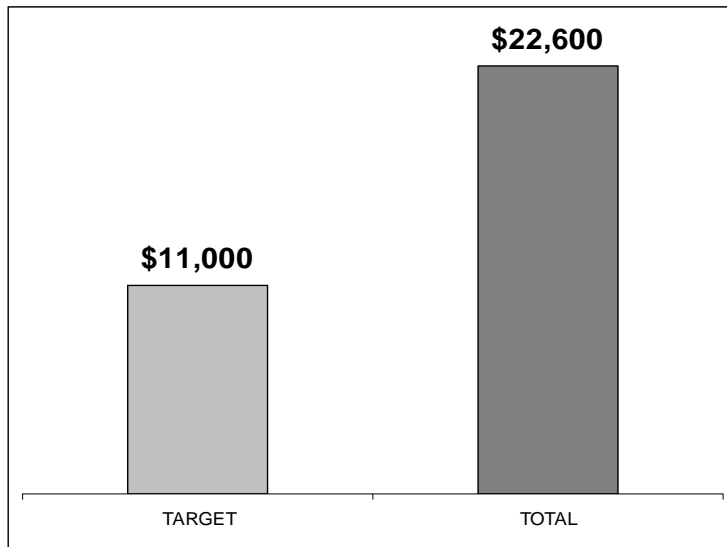
Summary:

- **YDAC** started in **1989**
- **20th Anniversary** of YDAC
- **Celebrating our 20 years** week of **November 3rd 2009**
- **Concert November 7th 2009** - tickets **\$25.00**

2009 Spring Fundraising

Our Spring Fundraiser was a **remarkable success!**

Our **target** was **\$11,000** and we **raised \$22,600!**



There were **several innovations** in this year's campaign, including a letter to family/friends asking for their help, a presentation to clients & volunteers and a **"Thank you" bookmark**. We also adopted a **"New x 2" theme** to reach out to new donors.

The **most important contribution** to this year's success was the **extra effort of clients and volunteers**. Everyone took to heart the challenge to **get involved**. Many great stories are coming out about the creative ways clients raised funds.

So **congratulations to everyone** on a most successful campaign. You should **be proud** of what you have accomplished!!

Rick Berry
Campaign Coordinator

A New Record!!!

Thank you, thank you, thank you to all the people of YDAC who worked so hard to **collect pledges and participated** in our spring fundraising **Walk & Roll-a-thons** or **Play-a-thons** at all our program sites.



Through your efforts we raised an amazing \$22,588!

A very special word of thanks to Rick Berry, a long-time YDAC volunteer, who led the campaign and spent many hours preparing a letter to caregivers, a press release and a presentation that he delivered to each program location.

We think **Rick** even **surprised himself** when our donors more than **doubled** his **goal of \$11,000!**

Rick was assisted by **Pat Marigold** (volunteer at Richmond Hill p.m.) who arranged for a specially designed bookmark as a thank you to donors and **Bob Majowicz** who **developed the campaign logo** and posted the events on the YDAC website.

Congratulations to all for a most remarkable campaign.

Summary:

- **Walk and Roll-a-thon** raised over **\$22,000.00**
- **Thank you** to everyone

June: Aphasia Awareness Month Activities Update



Who: **Bonnie Moore**, Speech-Language Pathologist at Newmarket and Stouffville programs

What: Presented a **one hour seminar** explaining the difference between aphasia, apraxia, and dysarthria after stroke.

Where: **Royal Victoria Hospital in Barrie** hosted a teleconference for the Central East Stroke Network.

Using technology, **over 20 sites participated** online, across Central East Ontario and North Bay. Attendees included nurses, SLPs, Physiotherapists, Social Workers, Physician Assistants across acute, rehabilitation, and community organizations.

When: June 10, 2009

Why: To help all professionals working with people after stroke **understand the communication changes that people experience** and help them to understand the different ways they can be **supportive communication partners to make sure they get the message in and get the message out.**

Summary:

- **Bonnie Moore presented seminar about Aphasia**
- **Over 20 sites participated**
- **Help professionals understand Aphasia**



Hertha and Arnold do dinner to raise \$\$\$ for YDAC (A FUNDRAISING STORY)

After hearing about the **YDAC Fundraising Challenge**, **Arnold** and **Hertha Stankevicius** of Brooklin, Ontario, **hosted a beautiful dinner** cooked by their **friends Erica and Mitzy**.



MENU:

Wine
Chicken Noodle Soup
Salad
Pork Tenderloin Stroganoff
Mixed Vegetables
Spatzle with Rice
Beautiful Assortment of Desserts
Coffee

When **everyone** was **full**, they passed around a **pledge sheet** for the **YDAC WALK AND ROLL-A-THON** and raised **\$400.00!**



Summary:

- **Hertha and Arnold** held a **fundraising dinner**
- Advice: ""Ask for **MONEY** when people have a **FULL STOMACH**""
WORKS EVERYTIME!!

Thanks **HERTHA** and **ARNOLD!**



MARCH OF DIMES CONFERENCE Wednesday, June 10, 2009 - Barrie, ON

7th annual Conference for people with **brain injury**

200 people attended which included **3 clients & 1 volunteer** from **Wednesday Newmarket program**.

Main Speaker: Leona Moore, Behavioral Consultant.

Theme: "You are **NO LONGER ALONE**"

Survivor Panel: were able to ask questions. One question was about returning to work. "**I look OK. I sound OK. Why am I not working?**"



Depression and behaviour changes after ABI were talked

Caregiver Speakers: shared their stories

Lawyer: sponsor of conference

Gave **presentation on wills, power of attorney**, & explained the differences. Talked about people with ABI should have competency test done so that there can be no one in future who can dispute will.



Lunch was good and plentiful

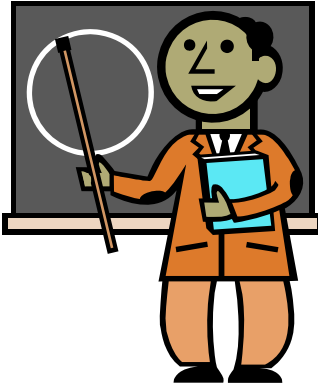
**** Lots of handouts and information books.



Summary:

- **Conference** for people with **brain injury**
- **Good information**

Information for Clients, Families, Volunteers and Supporters of the York Durham Aphasia Centre



We recently held a series of “**aphasia-friendly**” **community engagement meetings** at our seven sites in order to discuss our **proposed merger with the Ontario March of Dimes (OMOD)**.

For those who were not able to attend these meetings, here is a **summary of what was discussed**

REASONS FOR YDAC/OMOD MERGER

BENEFITS FOR YDAC:

1. The **Ontario March of Dimes**, as a **large provincial agency**, can provide needed **administrative infrastructure, human resources, information technology (IT) and finance expertise**
2. As part of a larger organization, YDAC can **serve more clients** and have **access to more funding**.
3. YDAC clients will have **easier access to OMOD’s programs and services** for adults with disabilities

BENEFITS FOR OMOD:

1. Opportunity to **serve people with communication disabilities** more effectively by **learning from YDAC’s 20 years of experience**
2. Learn to **develop “aphasia-friendly” programs** through **training from YDAC**

3. **Enhance existing OMOD services** by adding more programs

TARGET DATE FOR MERGER

April 2010, subject to Local Health Integration Network Board approval

WHAT WILL CHANGE?

Nothing for the first year:

YDAC will continue to run programs for adults with aphasia and related communication disabilities.

Later on:

There **may be changes in locations** based on client needs and **affordable office/program space**.

FOR MORE INFORMATION

Contact **Art Elliott, YDAC Board Chair**
at artelliott@sympatico.ca

or **speak to program staff**

Summary:

- **YDAC to merge with March of Dimes**
- **No change in programs for the first year**
- **Contact Art Elliott or ask program staff if you have questions**

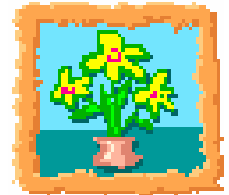
Cheery Notes – Cards for Communication



Our new greeting cards are available now!

The **Art for Communication** is one of the **programs** offered to our clients. As part of our **fundraising campaign** we are once again pleased to offer some of this work as note cards. We also have an **anonymous donor** who printed all the cards and gave us envelopes at no cost to YDAC, so all **sales are 100% profit**. We are very grateful to this very **generous person**.

This work is all from **people with Aphasia** and most of them have never painted a picture before. This year we have **6 new images**. We would like to **thank our client's** for **allowing us** to **reproduce** their **works** of art into our **note cards**



Each year the committee has a **very hard task** to **pick** just a **few paintings** to reproduce. They look for several different things that include the colour and clarity of the painting. Some paintings are great large but don't suit a small card size.

We always **strive** to have the **work on the cards** be the **best** that we **have to offer**, after all this is a **fundraising event** and we want to **sell cards** and **raise awareness** of YDAC. Choosing the cards is always a challenging but fun job.

The **cards** make **great gifts**. **Cards sell 3 in a package at the price of \$5.00 per package** or **3 packages for \$10.00**. **All proceeds from the card sales support our programs**.



Summary:

- **Cards for sale from clients work.**
- **Thanks to clients**
- **Great for gifts.**

Flowers for the Program



We grow **flowers** to help the **Peterborough** site.

We have grown the flowers for **3 and a half years**.

We raised **\$2,000.00**.

We enjoy helping out.

We **advertise** and people come up to our **greenhouse**.

They pay **3 to 5 dollars** for the flowers.

They also give a **donation** for the **Aphasia program**.



There are **17 clients** in the **morning program** at the Peterborough site. **Everyone** helps out a little bit.

Summary:

- **Peterborough** site **sells flowers**
- **Raised \$2000.00**

“MEET OUR VOLUNTEERS”

This is **Etta Hall** with her adorable **puppy** ‘**Oscar**’.

Etta Hall is a dedicated **volunteer** who has been volunteering at the **Whitby** program for 7 years.

Etta holds a Bachelors Degree in **Social Work**. **Etta** makes it a point to get to **know each client** really well and so is always able to **share articles** and **information** of interest with them.



She **greet**s each client individually when she arrives. She is an **expert** on using supportive communication **strategies** with clients who have **limited verbal expression**.

Etta’s main **inspirations** to volunteer at YDAC are the **clients**. She says that “our **clients** are **intelligent individuals** from various **backgrounds** with valuable **stories** and **experiences** to share. They are truly **inspirational**.”

Etta is an **excellent role model** for new volunteers and we are **thankful** to have her on our volunteer team!

Summary:

- **Etta Hall** a **volunteer** in Whitby
- She **enjoys working with clients**
- **A drawing of our group**

Peterborough Visitor

Our **LIFESKILLS** program in **PETERBOROUGH** offers **CLIENTS, VOLUNTEERS,** and **STAFF opportunities** to share **AIDS** that help with everyday tasks, personal **INTERESTS,** and **HOBBIES** that keep them **ACTIVE.**

JACK brought his **PIGEONS** to the **PETERBOROUGH** program for a **VISIT.**

JACK shared about his **INTEREST in PIGEONS** and **ANSWERED QUESTIONS** about **PIGEONS.**

RAISING PIGEONS

I have been **raising pigeons since I was 9 years old.**

We had **tumbler** and **roller pigeons** when we first started raising pigeons.

I **raced homer pigeons** for 10 years.

I don't do it anymore. It is too **expensive.**

I have **16 fantail** and **4 modena pigeons.**

Pigeons are a **lot of work.**

There is a lot of **preparation for mating.**

We need to **feed them grain** once a day. **One bag** of grain is **\$30.00**

Pigeons get **whooping cough.** So I **medicate** them all the time.

We need to **clean the cages** once a week.

I **enjoy raising** pigeons.

Come visit our pigeons.



Summary:

- **Pigeons** visit **Peterborough site**
- **Lot of work** to keep them
- **Interesting day**

From The Editor: A Motivational Saying

All of us have **bad luck** and **good luck**. The man who persists through the **bad luck** - who keeps **right on going** - is the man who is there when the **good luck comes** - and is **ready to receive it**.

- Robert Collier

Pratima Wadhwana

Next Issue of TABLE TALK

Next **Deadline** for **submissions** of your articles is **February 1st, 2010**.

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