

# HOLIDAY NEWSLETTER



## A NOTE FROM TED

Welcome to our first Speech Recovery Pathways newsletter! The importance of this is to share tips, strategies, education and stories about strokes, aphasia and general health wellness.

I hope everyone gets a chance to enjoy the holidays and connect, in any way, shape, or form, with your families, loved ones, and friends. Some of us think about traveling to see family, others think about getting gifts for friends, and there are others that want to take a break and enjoy their loved ones in their own home. This year we all have to consider the ramifications of the spike of Covid 19, the distribution of vaccines, and if you decide to travel or get together with your families or friends, make sure to keep yourself safe: like wearing a mask, socially distancing and keep your hands clean.

When I decided to establish this new nonprofit, Speech Recovery Pathways (SRP), my goal was to help people, in any way I can, from my experience of having a massive stroke, aphasia, recovery, practice and to learn the concept of failure and how to deal with it and to get back up and try it again. As we navigate life's unexpected twists and turns, it's key that we know how to ask for help. Problems arise, anxiety moments, medical issues, etc. You don't need to go through it alone. Keep your spirits high, keep your faith, and remember to LEARN. That's what we're here for....to learn and to share knowledge about your stories and experience that we have learned along the way.

We have started to provide services to our members via Zoom (about 2 months ago) and it has been going well. We want to thank those who have joined or donated, we appreciate you! Please help us in spreading awareness. I wish you and your families a safe, healthy and happy holiday.

Ted W. Baxter  
Founder of Speech Recovery Pathways

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# TIPS FOR THE HOLIDAYS

The holidays can be stressful, even more so if you have aphasia or speech difficulties. We want individuals to be confident in their speech, have tools to set themselves up for success, and to give themselves some grace.

We encourage you and loved ones to watch this helpful video

<https://www.aphasia.org/stories/tips-holidays-aphasia> from National Aphasia Association that provides a wonderful summary of strategies and tips to incorporate into your holiday celebration.

Our goal is to not only serve members recovering from brain injury, but to also spread awareness to the local community. According to the National Aphasia Association 84.5% of people have never heard the term “Aphasia” and according to the CDC 80% of strokes could be prevented. With these numbers, we feel we can do more.

We look forward to all the wonderful things instore for 2021! A huge thank you to our members, our supporters, and our friends and family. We wish you all a joyous holiday season with loved ones.

Jennifer Rosales M.S.CCC-SLP  
Director and Speech Language Pathologist



This recipe boasts lots of fiber and phytonutrients that help with blood flow and reducing inflammation. There is also chopping and measuring which is great for motor control practice and problem solving. Enjoy!

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*“Once a year, go somewhere you have never been before”*

*-Dalai Lama*

## Holiday Recipe

WINTER WILD RICE

Serves 6INGREDIENTS

- 1 ½ cup broth
- 1 cup apple juice
- 1 Tbls Dijon mustard
- 3 Tbls grass-fed butter, divided
- ½ - 1 tsp EACH: oregano & thyme
- ½ tsp EACH ground pepper & sea salt
- 1 bay leaf
- 1 cup wild rice
- ½ onion, diced
- 1 apple, diced
- 3 cloves garlic, minced
- 1 tsp apple cider vinegar, or more to taste (or favorite vinegar)
- ½ cup whole cranberries, simmered in water to soften
- ½ cup chopped pecans, toasted
- Fresh parsley to serve

### INSTRUCTIONS

1. In a large pot or lidded skillet, bring broth, apple juice, Dijon, 1 Tbls butter & herbs to a boil.
2. Add rice, cover and reduce heat to simmer for 45-60 minutes, until liquid is absorbed and rice is cooked. Stir occasionally.
3. Pour rice into a sieve to drain any excess liquid.
4. In the empty pot, heat remaining butter over medium low heat and add onions and apples. Sauté for 5 minutes or until softened, then add garlic and cook another minute.
5. Return rice to the pot and stir in cranberries and nuts. Add vinegar to taste and add parsley and more salt and pepper as needed.

# MEMBER HIGHLIGHTS



Telling our story can be powerful. Our goal at SRP is to spread awareness, inspire others and connect individuals. Jason had a stroke at the young age of 38, however he didn't let that stop him. He continues to work hard and inspire people daily. No matter your story or wherever you are on your journey, be reminded to NEVER GIVE UP!

Keith has been living with Parkinson's for over 10 years. He suggests setting goals, practicing them daily and enrolling in therapies to get stronger and better! He focuses one day at a time. Be encouraged and know we are here to help!



## Consider Joining One of Our Weekly Virtual Groups

### LET'S TALK for Aphasia

Wed 6:30-7:15, Fri 9:15-10, 10:00-10:45, 10:45-11:30

### BRAINSTRETCH for Memory/Problem Solving

Wed 6:30-7:15, Fri 9:15-10

### SPEAKING LOUD + CLEAR for Parkinson's/Dysarthria

Wed 6:30-7:15, 10:45-11:30

### PARTNER TRAINING for Couples/Families

based on availability

\*Times are Pacific Standard Time

CONTACT US | [speechrecoverypathways.org](http://speechrecoverypathways.org) • 949-723-9228

## Upcoming Events

Green Tomato Grill Fundraiser

Jan 5th in Brea, CA

Cider & Pizza Fundraiser

Jan 8th in Pittsburgh, PA