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Ignite!

QUARTERLY NEWSLETTER

A NOTE FROM TED

A few weeks ago, I was reflecting on how our lives have been altered so much in about one year due to the global pandemic COVID-19. And WOW... living through a global pandemic has driven dramatic shifts in our work, eating habits, organizing our doctor's appointments via Zoom, figuring out how to work out using virtual yoga or Pilates at home, virtual social outings and sometimes it challenges our collective sense of time while doing our tasks at home. Whew...take a breath.

No matter how old we are or what stage in our lives, recovering from a stroke, TBI or whatever type of situation you have, it depends on education, quick thinking, learning, and your will and desire to keep going to improve your recovery. It doesn't matter how small or large of improvement as long you are feeling better. I had a massive ischemic stroke about 16 years ago that left me in a state of profound devastation. In order to rebuild my life, I had to commit to the hard work of recovering. In dealing with setbacks along the way, I learned what worked for me and what didn't.

One strategy that I used then and now is every day to stay mentally and physically healthy. After a stroke, it's important to keep your brain engaged. Make sure you're reading books, including the kind of books you tend not to read, doing crossword puzzles or playing word games. If you love history books, read self helps or improvement books or fiction as well and perhaps try writing in a blog or journal. You want to keep your brain busy. And no matter how compromised you are physically, do what you can to remain healthy: eat a proper diet, get plenty of exercise, drink enough water, get enough sleep, and live a healthy lifestyle.

We want to thank those who have newly joined or donated to our practice and those who have continued to be a part of our community. We appreciate you!

Until next time.

Ted W. Baxter
Founder of Speech Recovery Pathways

WHAT'S INSIDE THIS ISSUE:

Volunteer Perspective- 2

Mindfulness-2

Paint Night Overview - 3

Upcoming Events- 3

MY EXPERIENCING OF JOINING SRP

Hi there! My name is Natalie Gray and I am a volunteer at Speech Recovery Pathways (SRP). I am completing my last year at California State University, Fullerton and will be attending graduate school at Baylor University. I am studying to become a Speech-Language Pathologist. I have been with SRP for a couple months now and have loved every minute of it!

Before joining SRP, I had only ever worked with children, so I felt lucky to have the opportunity to expand my experiences within the field of speech-language pathology and work with adults.

I was nervous at first, but with Jennifer's thorough training and the resources she provided before my first day, I felt confident that this would be a successful and enriching experience. I now lead sessions every Friday and have a blast doing it (and I hope my group does too!). I love to have fun with my group, keep them on their toes, and challenge them every session. I see how hard they work and how determined they are every week and it never ceases to inspire me.

I am passionate about the work SRP does and feel blessed to be a part of this community. My experience with the organization has solidified my career goals. I aspire to work specifically with adults recovering from strokes, traumatic brain injuries, and other neurological disorders. Additionally, I love the community and the comradery that SRP encourages within the volunteers and within the clients.

Jennifer and Ted are always accessible to provide help and answer any questions I may have. I feel extremely supported by SRP and like an important member of the organization. And for that, I say thank you! Thank you to Jennifer, who gave me this opportunity, to Ted who believed in me enough to let me take over his group, to my fellow volunteers, who always have the best ideas, and to, most importantly, our members who are some of the most amazing people I've ever met. Thank you for welcoming me into your community. I will take the skills I am learning here with me wherever I go.

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*"The Best Views
come from the
hardest climb"*



PAINT NIGHT RECAP



On Sunday, March 14th 2021, twenty-six individuals from the community and stroke survivors gathered for a virtual paint night. It was a perfect evening spreading awareness, conversing with each other and painting together. Due to the pandemic and stay at home orders, people are feeling more isolated and stress levels are higher than ever.

At SRP, we believe in using creativity and finding unique ways to de-stress, while supporting each other in the most challenging times. Therefore, we felt there was no better way than to host a paint night. Healing comes from within, starting with your mind, body and spirit. This paint night allowed the participants to relax, paint and hear stories from our wonderful members. Thank you to those who joined and to Tracy Popiel with Usborne for supplying the magic paint books. We look forward to many more events like this.



Upcoming Events

An Eggstravaganza Fundraiser
Hosted by Jennifer

-Have a chance at over 25 prizes ...

-Email Jennifer for more info
Jennifer@speechrecoverypathways.org