

Happy New Year

Speech Recovery Pathways



Dec 2021

December Newsletter

Monthly Highlights

- Short Survey
- SRP Memories from 2021
- Navigating the New Year with Aphasia
- Hot Coco Recipe
- Volunteer Spotlight
- Bookclub

We'd like to hear from you!

Click the link below to answer a short survey about what you thought of Speech Recovery Pathways in 2021, and what you'd like to see in 2022!

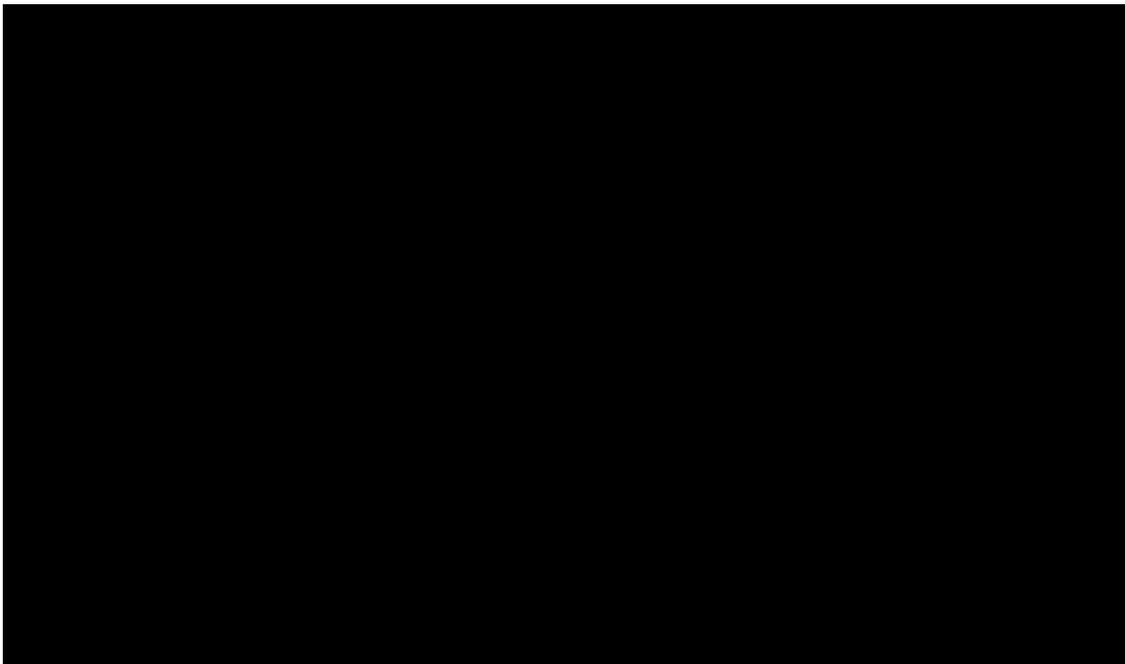
Thank you so much! We appreciate you all!

[Click this link to answer a short survey about SRP!](#)

SRP Top Memories from 2021



1. Opened 8 interactive communication groups
 2. Launched a caregiver group
 3. Kick started fitness group
 4. Hosted 3 book clubs
 5. Had local community meet ups each quarter
 6. Hosted "A Night to Shine" talent show to educate community on Aphasia
 7. Completed first annual silent auction
 8. Had virtual paint night
 9. Hosted Volunteer Appreciation Dinner
 10. Most importantly built friendships and connected with many around the world!
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Navigating the Holiday with Aphasia: Tips for Enjoying the Holiday Season

1. Prepare for travel ahead of time
2. Call your host beforehand
3. Sing!
4. Shop online
5. Plan your favorite non-speaking holiday activities
6. Practice self care!

Click the button below for more info!

[Navigating the Holidays with Aphasia](#)



Homemade Hot Chocolate

2 tablespoons unsweetened cocoa powder

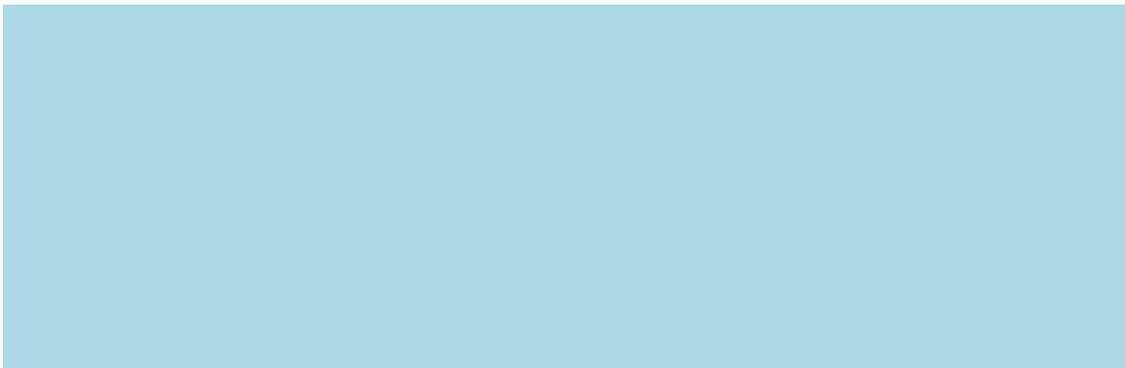
1 to 2 tablespoons sugar (depending on how sweet you like it)

Pinch of salt

1 cup milk or any combination of milk, half-and-half, or cream

$\frac{1}{4}$ teaspoon vanilla extract

Whisk together the cocoa, sugar, salt, and about 2 tablespoons milk in a small saucepan over medium-low heat until cocoa and sugar are dissolved. Whisk in the rest of the milk and heat it over medium heat, whisking occasionally, until it is hot. Stir in the vanilla and serve.





Volunteer Spotlight

Hi, I am Alicia Kafin. I live on the North Coast of California in Fort Bragg.

I have been a teacher for more than 20 years, and I am a reading specialist. I'm currently teaching my favorite grade: second. At the same time, I am working toward becoming a Speech Language Pathologist, which is a very exciting change. I am thankful to be the mother of two sons, both graduating from college in May. I can often be found trying to train my dog (i.e. let him run wild in the woods) or gardening, if I'm not at work or studying. I feel so fortunate to be volunteering with Speech Recovery Pathways. Meeting and learning from the incredible members and volunteers is a priceless opportunity.

Hello West Coast Readers!

Join us to read Water for Elephants! A novel set in the circus world circa 1932 about star-crossed lovers. Hope to see you there!



