

AUTUMN 2014 NEWSLETTER



Director:
Dr. Cynthia K. Thompson

Dr. Thompson Named Distinguished Health Professions Alumna

Each year, the University of Kansas Medical Center presents Distinguished Alumna Awards to selected graduates. This fall, Dr. Cynthia Thompson was presented with this prestigious award, named the 2014 Distinguished Health Professions Alumna.

The award recognizes noteworthy contributions to the University of Kansas, their field, and to the health

of all people through patient care, basic and clinical research, and teaching skills. Recipients of this award demonstrate the highest principles of the health care professions and serve as a role model for current and future health care professionals.

Congratulations Dr. Thompson on your outstanding achievement!



Using Transcranial Magnetic Stimulation to Study Aphasia

By Jim Kloet and Cynthia Thompson

The brain has the remarkable, and natural, capacity to grow and change throughout the lifespan as a result of learning, experience, and other forms of brain “stimulation”. A new tool, known as Transcranial Magnetic Stimulation (TMS), is now being used to boost brain activity even further, beyond that expected to occur naturally. TMS uses a powerful magnet to excite (or inhibit) brain cell activity, which results in changes in behavior. For example, for people with aphasia resulting from stroke, TMS may improve language abilities when applied to certain areas of the brain. This is, indeed, very exciting and it has important implications for recovery from aphasia.

A few research studies have shown that TMS can improve language in people with aphasia. For example, some study participants have shown improved naming and word-retrieval ability after receiving TMS for 20 minutes a day for a 10-day period. Currently, we (researchers in the Aphasia and Neurolinguistics Research Laboratory) are studying the use of TMS as a treatment for improving naming in people with Primary Progres-

sive Aphasia (PPA). We are hopeful that TMS will improve their language ability. We also are interested in whether or not coupling TMS with language treatment will enhance language recovery.

Although much research is needed before we can use TMS clinically, with confidence, to treat people with aphasia, TMS holds promise for advancing what we know about brain and language recovery. Indeed, this tool opens a door for us to learn more than ever before about the brain's facility to grow and change.

Newsletter Now Released Twice a Year

We will be reducing the number of our newsletter issues to two a year. One will be sent out in the late Autumn before the Holiday Season and the other will come out in June for Aphasia Awareness month. If you would like to sign up for monthly reminders for Support Group meetings, please contact us to let us know. We can provide reminders by phone, email, or mail at your request. Or visit bit.ly/NUAphasia for support group information and updates.

COMMUNITY AND CURRENT EVENTS

COMMUNITY EVENTS:

Thanksgiving Parade

(November 27, 8-11am)

The Thanksgiving Parade includes giant balloons, floats, and marching bands that go north on State Street from Congress to Randolph.

Free Day at the Arboretum

(November 27 at the Morton Arboretum)

Enjoy Free Admission on Thanksgiving Day at the Morton Arboretum in Lisle. (Buildings are closed.)

ZooLights

(Nov. 28-30, Dec. 5-7, 12-23, 26-31, Jan. 1-4 at the Lincoln Park Zoo)

ZooLights features millions of holiday lights, ice carvings, music, carousel and train rides, food and gift shopping, plus photos with Santa (some days).

Free science museum

(January 5 - 30, weekdays)

Show Illinois ID to enter the Museum of Science and Industry free during Free Days.

Travel show

(January 17-18 at the Rosemont Convention Center)

The Chicago Travel & Adventure Show brings together travelers, travel experts, and travel service providers.

Snow Days at Navy Pier

(February 7-8 in Gateway Park at Navy Pier)

See teams sculpt masterpieces from snow during Snow Days. Live entertainment, snowboarding, and kids' activities like snow painting.

Local Food festival

(March 19-21 at UIC Forum)

The Good Food Festival features locally grown food for sale plus gardening and cooking workshops and a Localicious dinner.

Healthy Living Expo

(April 18-19 at Arlington Intl. Racecourse)

Learn about healthy lifestyles and fitness, and shop for natural products, foods, and wellness services at the Healthy Living Expo.

Millennium Art Festival

(May 29-31 on Lake Street at Michigan Ave)

Features artwork, food from local restaurants, and live easy-listening music

ARC Aphasia Cruise

(June 5-12, Seattle to Alaska round-trip)

Join the Aphasia Recovery Connection (ARC) for a 7-night cruise with other families dealing with aphasia. There will be ARC aphasia events every day and dinner together nightly. Book early to avoid disappointment! More info at www.aphasia-recoveryconnection.org.

Evanston arts festival

(June 20-21 at Main St. and Chicago Ave.)

Custer Fair (formerly Custer's Last Stand) is a big arts and craft fair with two stages of folk and Native American music, a children's area, and food from 30 restaurants.



IN THE NEWS:

Researchers in Sweden have identified a new mechanism for neuron generation following stroke.

The signaling mechanism involves astrocyte cells that form new neuron cells when the signal is suppressed during brain trauma. In healthy brains, the signal is active, preventing the formation of new nerve cells. Although these findings were observed in mice, scientists intend to see if the same mechanism is present in humans. (<http://www.hattiesburgamerican.com/story/news/local/2014/10/19/creighton-discovery-stroke-victims/17578401/>)

DynaVox has unveiled the T15 - the world's largest dedicated speech-generating tablet. The tablet features a 15-inch touch screen, fully integrated switch ports, and full-sized USB port, allowing users to communicate through touch, scanning, and head mouse input (<http://www.virtual-strategy.com/2014/10/15/tobii-dynavox-brings-t-series-communication-devices-users-europe/#axzz3GnW27srQ>).

A recent study finds that the common cold may temporarily exacerbate one's risk of stroke. The effect was seen in children who are already predisposed to stroke, finding an increased risk within 3 days of a visit to the doctor for cold symptoms (http://www.washingtonpost.com/local/health/researchers-find-common-cold-may-temporarily-exacerbate-one-s-risk-of-stroke/2014/08/20/1033333e-33d0-11e4-93c4-001a431a02a9_story.html).

com/news/to-your-health/wp/2014/08/20/common-cold-may-temporarily-raise-risk-of-stroke-in-children-study-finds/

A recent European study suggests that children treated with growth hormone may have an increased risk of strokes. Although the overall risk is low, researchers say that those who receive growth hormone as children should know about the risk (<http://www.foxnews.com/health/2014/08/15/childhood-growth-hormone-treatment-tied-to-stroke-risk/>).

Patients who experience a stroke are 70 percent more likely to continue taking stroke-prevention medications a year later if given at time of discharge. These findings come out of research at the St. Michael's Hospital and Institute for Clinical Evaluative Sciences (<http://www.scienceworldreport.com/articles/16859/20140828/prescription-at-the-time-of-discharge-offers-better-stroke-care.htm>).

Researchers from the US, Taiwan, and South Korea found that cognitive impairments increase one's risk of stroke (<http://www.universityherald.com/articles/11123/20140828/cognitive-impairment-stroke-risk-carolina-disability-taiwan.htm>).

APHASIA SUPPORT GROUP:

PEOPLE TO KNOW

Mahir Mameledzija

Mahir Mameledzija is a research technician in the Aphasia and Neurolinguistics Research Laboratory. He graduated from Lake Forest College with degrees in Chemistry and Spanish, and played four years of collegiate soccer where he was named Capital One National Academic All-American of the Year in his final season.



Born and raised locally, Mahir continues to play soccer in Chicagoland soccer leagues, and recently won a national championship with RWB Adria of Chicago. Planning to pursue a career in medicine, Mahir is fascinated with the brain and interested in aphasia recovery and management. His other areas of interest include the use of fMRI for neuroimaging research and continuing to verify the efficacy of therapy. His involvement in the lab includes analysis of lesions caused by stroke using Voxel Based Morphometry (VBM) and assisting with treatment and eyetracking studies.

Dr. Matt Walenski

Matthew Walenski recently joined the Aphasia and Neurolinguistics laboratory as a Research Associate. He obtained his Bachelor's degree in Linguistics from Columbia University, then a PhD in Cognitive Science and Linguistics (with a focus in Psychology) from the University of California San Diego.



Leaving behind the warm weather and easy lifestyle in San Diego, he worked as a post-doc in the Neuroscience department at Georgetown University, where he investigated the dependence of language on memory, and became interested in clinical populations. He later returned to San Diego to continue research into clinical populations, including individuals with aphasia, before finally coming here to Chicago to continue in this vein and enjoy the warmth indoors.

Under the umbrella of the cognitive neuroscience of language, he is particularly interested in electroencephalography (EEG) and comparisons between English and other languages. His less academic interests include wildlife and nature photography, digital printing, cooking (when hungry), eating new things, and reading voraciously.

PREVIOUS MEETINGS:

In June, in honor of Aphasia Awareness month, we hosted our first annual Walk and Talk Picnic. The Picnic was held on Northwestern's Evanston campus overlooking Lake Michigan. Aphasia celebrity, Carl McIntyre, gave an inspirational talk about his recovery. Carl was the producer and lead actor in the award-winning film, *Aphasia: Hope is a Four-Letter Word*.

Also at the Walk and Talk were creative art therapists from the Institute for Therapy through the Arts (ITA), and the Aphasia Recovery Connection co-founders, David Dow, Christine Huggins, Carol Dow-Richards, and Kim Huggins.

In October, Ellen Fitzmorris presented an overview of the lab's research. We also welcomed Dr. Matt Walenski, the newest member of the Aphasia Lab!

UPCOMING MEETINGS:

This coming December 2014, we will host our annual holiday potluck! Feel free to bring your favorite holiday snack or dessert!

To supplement support group, we are starting a Coffee Chat group for adults with aphasia that will meet at cafes in the Evanston area. If you are interested in attending, please e-mail Ellen Fitzmorris (Fitzmorris@u.northwestern.edu).

We are planning a Caregiver Workshop for March, 2015. Experienced professionals will guide us through their specific recommendations for coping after a family member's stroke. Details to come.

Visit bit.ly/NUAphasia for updates and more information.

December 13th
(Holiday Potluck Party)

January 10th
February 14th
March 14th
April 11th
May 9th
June 13th

PUBLIC TRANSPORTATION:

The lab is located three blocks east of the Noyes Stop on the Purple Line.

CTA: 1-888-968-7282
www.transitchicago.com

RTA: 1-312-836-7000
www.rtachicago.com

Aphasia Support Group Meetings are held the second Saturday of the month from 10:30am to 12:00pm in Room 3-417 (3rd floor of the Frances Searle Building - 2240 Campus Drive). Please contact Mary Cosic for more information at 847-467-7591 or m-cosic@northwestern.edu

Do you have a story to tell?

We'd like to know!

If you would like submit a piece to be featured in an upcoming ANRL newsletter, please contact Stephanie or Brianne at 847-467-7591. Possible topics include: tips and advice, hobbies (e.g. cooking, crafts, etc.), health, research, and your personal experience with aphasia.

A C T I V I T I E S C O R N E R

Common Preposition Word Search

r	p	k	k	o																	
y	c	a	l	o	n	g	b														
f	h	b	i	m	b	e	h														
t	r	v	b	x	v	e	s	h													
r	e	e	a	e	h	n	y	t	a												
e	x	g	d	s	t	e	u	o	s	g	n	w	c								
c	t	c	i	r	i	i	e	e	w	s	o	b	u	n	s	a	b	y	r		
a	f	e	h	a	d	w	w	r	v	b	a	e	l	u	d	o	i	i	o	f	
p	w	a	p	g	w	e	i	t	e	a	o	m	n	g	i	e	h	r	n	f	t
c	p	o	t	u	o	n	b	e	v	b	y	b	e	i	c	k	c	g	c	s	u
m	f	z	m	o	t	w	b	b	o	f	f	b	a	m	w	t	e	n	w	a	t
e	o	o	u	r	o	l	b	e	h	i	n	d	t	x	a	d	u	r	i	n	g
f	r	h	h	r	a	y	x	o	n	t	o	h	e	d	i	s	n	i	s		
z	f	t	z	o	d									u	c	a	o				
														r	l						

about	behind	except	onto
above	beneath	for	over
across	beside	from	since
after	between	in	through
against	beyond	inside	to
along	by	like	toward
at	during	of	toward
		off	with

Connect the dots to reveal the picture!



Can you match the words that rhyme?

There are two sets of words. For each word in set 1, match it to the word that rhymes in set 2. There are 7 total matches (there will be 4 words that don't rhyme with any others).

Set 1

Blade
Buy
Days
Number
Light
Mane
Fan
Phone
Aphasia

Set 2

Maze
Main
Beach
Scan
Tone
Tie
Site
Sponge
Maid