



Rebuilding communication. *Transforming lives.*

# ACC Connection

Volume 20 Issue 1 ♦ Spring 2017

## ***A Full and Rewarding Life with Aphasia***

*There is no exercise better for the heart than reaching down and lifting people up.*

~John Holmes

**By Roberta J Elman, PhD**  
*President and Founder*  
*Aphasia Center of California*

Unassuming, sensitive, supportive, a quiet leader. Those are just a few of the words that come to mind when describing ACC participant, Mark Estigoy. Born in Hayward, CA in 1955, with two sisters and three brothers, Mark attended Encinal High School, later becoming a court reporter. He had a love of sports, especially the San Francisco Giants, and played on Alameda softball teams for more than 30 years, winning five straight championships.

It was twenty-four years ago when Mark met his wife, Lori—

she worked with his sister, Mary. After meeting on a bowling league, they went on a date to The Allman Brothers Band concert and they've been together ever since. This year they are celebrating their 20th wedding anniversary!

On August 22, 2009, Mark survived a stroke. His high blood pressure was undiagnosed because

*Continued on page 2*



*ACC Participant Mark Estigoy*

### Join our 15th Annual "Walk to Talk" Raise Funds and Awareness!

**What:** The Aphasia Center of California's 15th Annual "Walk to Talk" is a fund-raising event to raise funds for our programs. Our "Walk to Talk" will feature a 1/4 mile and 3 mile untimed walk/run.

**When:** Saturday, June 24th, 2017. Walk registration will begin at 8:45 a.m.

**Where:** Lake Merritt, Oakland. Walk starts at the Downtown Oakland Senior Center at 200 Grand Avenue.

**How:** Companies and individuals, from walkers with kids to seasoned athletes to people with their dogs on leashes, can participate in this event to benefit the Aphasia Center. Help the Aphasia Center by sponsoring an Aphasia Center participant, asking friends and family for donations, or joining us for the walk. You can register or sponsor a walker online via our website: [www.aphasiacenter.org](http://www.aphasiacenter.org) Please contact Roberta Elman (510) 336-0112 to receive a walk packet or for more information.

### **Inside:**

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**Our Mission Statement:** *The mission of the Aphasia Center of California is to enhance communication skills, quality of life, and overall well-being for all those affected by aphasia.*

# Thank You to Our Generous Donors

**August-December 2016**

*If we have made any errors in this listing, please accept our apologies and contact us at (510) 336-0112.*

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## A Full and Rewarding Life with Aphasia

*Continued from page 1*

Mark had never seen a doctor for a routine check-up. Lori knew something was wrong when Mark couldn't answer the Jeopardy questions on television that evening—he was usually such a whiz at this game show.

Mark's friends and family were extremely supportive following his stroke. Mark says that in the beginning, he felt like he "was in a fog." He found watching movies and attending family or group functions very challenging. He says about one large gathering, "it seemed like 20 people were talking at the same time. I just had to close my mind and have my face down and be by myself."

Mark received individual speech-language therapy at Fair-

mont Hospital, from former ACC intern, Corinne Carter. He says that she was "fantastic!" Mark was familiar with the Aphasia Center of California because his brother, Marty, had attended the ACC for many years following his own stroke with aphasia. Mark and Marty are the first two siblings with aphasia to ever attend the ACC.

After starting at the ACC, Mark slowly began to take back his life. He says that one of his biggest challenges was going through the process of regaining his driver's license, especially taking the written test. In addition to attending a weekly communication group at the ACC, Mark has participated in the *KeyStrokes* Aphasia Choir, the Art Class, the News Forum group, and the Digital

Photography class. Mark is now enjoying new hobbies including golf, tap dancing, yoga, playing pool, and learning to play the harmonica!

When you watch Mark in a communication group, you'll find that he keeps written notes of each session. He finds that writing down what people discuss is a good way for him to work on his language skills. And we depend on Mark to remember things that have been discussed in the group, even weeks or months later. Once a court reporter, always a court reporter!

Mark is a wonderful example of someone who is interested in life and in learning new things. Thank you, Mark, for encouraging and supporting everyone you meet at the ACC to participate in life to the fullest. You demonstrate that life with aphasia can still be both full and rewarding!

# Aphasia Center News

## ACC Supporters Meet the Challenge!

Thanks to you, we reached our match for our \$20,000 December challenge grant! These funds are already being used to enhance ACC program services, helping those living with aphasia to rebuild their communication skills and transform their lives. ACC supporters are the best—thank you!

## ACC Communication Training Grant Update

We've completed our Communication Training grant and provided eight trainings to more than 150 participants at various healthcare organizations in Oakland. During these trainings, we educated staff and provided them with hands on experience regarding the appropriate communication tools and techniques to use when talking with someone who has aphasia! Thanks again to the San Francisco Foundation and the East Bay Aging Foundation for support of this exciting training and outreach program. Your funding helped us to teach techniques and strategies needed to communicate with people who are living with aphasia in our community!

## Menlo Park Aphasia Groups

The ACC is currently providing a Book Connection™ group in Silicon Valley (Menlo Park). The Book Connection™ is an aphasia book club program created by the Aphasia Center of California. Our curriculum materials support reading and make it possible for those with reading challenges caused by stroke and aphasia

to once again read adult literature for pleasure. We've been offering this program at our Oakland program site for more than 15 years, but this is the first time that an aphasia book club has been provided on the Peninsula! If you are interested in learning more about the future programs at our Menlo Park program site, please call us at 510-336-0112.

## Smile when you buy at Amazon!

Whenever you make purchases at Amazon, start off at AmazonSmile.com instead of Amazon.com. Amazon will actually donate 0.5% of the price of each purchase to the Aphasia Center of California! And there's NO COST to you. If you already have an account at Amazon.com, just log into AmazonSmile.com with the same login information you normally use. The first time you login, you will be asked for the name of an organization you want to support. Please choose the Aphasia Center of California. Once you select us, all future purchases will result in the Amazon donation being made to us. But you must remember to begin your purchase at AmazonSmile.com. Thanks in advance for your support.

## Credit Card Donations Are Easy to Make!

Did you know that you can make a donation with your credit card to the Aphasia Center? It's easy to do! Just go to the Aphasia Center of California "Donate" button on the home page of our website: [www.aphasiacenter.org](http://www.aphasiacenter.org). You can make a one-time donation or a monthly,

quarterly, or annual recurring donation. All donations help us make a dramatic difference in the lives of those affected by aphasia.

## Do you Shop at Lucky FoodMaxx or Savemart? Program Update!

Lucky, FoodMaxx, and Savemart have updated their S.H.A.R.E.S. donation program. The program is now part of eScrip. You no longer need a special card—all you need to do is register with eScrip online and then input your phone number each time you check out. It's super simple and doesn't cost you a thing. Here's the best news of all: Each time you buy groceries, Lucky, FoodMaxx and Savemart will donate 3% of your total grocery bill to the ACC! To register for S.H.A.R.E.S. through eScrip, go to this website: [luckysupermarkets.com/shares](http://luckysupermarkets.com/shares) and select the Aphasia Center of California as your charity. If you have any questions, please call us at 510-336-0112.



*Lauren (Lolo) Scheiner shows Pete how to take a selfie in the ACC's Digital Photography class*



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*Continued from page 2*

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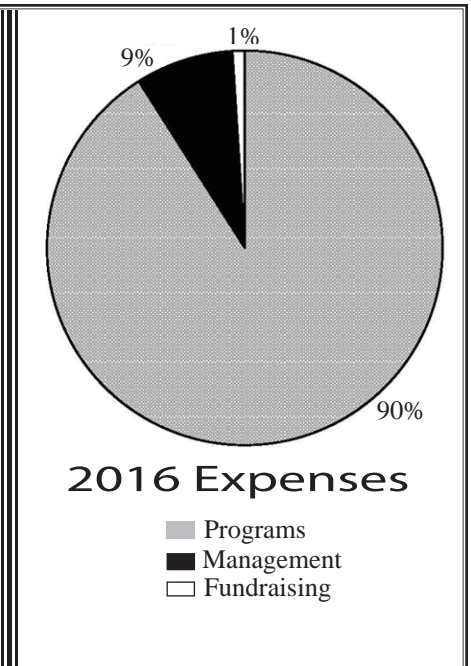
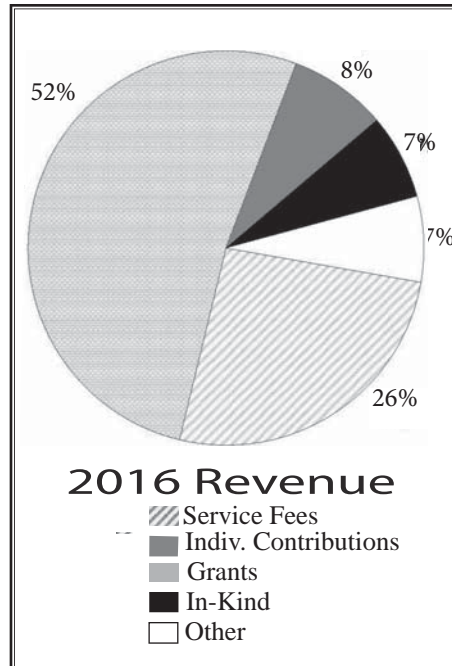
# ACC 2016 Annual Report

## 2016 SERVICES

Group Communication Treatment Visits: 2096  
 Reading & Writing Group Visits: 352  
 Club Aphasia & Art Class Visits: 760  
 Fitness & Relaxation Class Visits: 140  
 Stroke Group & Choir Visits: 255  
 Education & Training (National and International): 1000 people (12 trainings/presentations)  
 Information & Referral (includes phone, mail, and e-mail): 2021  
 Program Sites for Direct Services: Oakland, CA & Menlo Park, CA

## ORGANIZATION & CORPORATE DONATIONS

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 Femi Macus Nails, Oakland  
 Lakeshore Café, Oakland  
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 Michael Mischer Chocolates  
 Oakland Grill, Oakland  
 Oaktown Spice Shop  
 Pac & Save, Emeryville

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## Great News! The Aphasia Center Accepts Vehicle Donations

The Aphasia Center of California has teamed up with Donate For Charity, a company that specializes in processing vehicle donations for nonprofit organizations. Donate For Charity arranges for vehicle pickup, handles all the DMV issues, sells the vehicle at auction, and distributes the net pro-

ceeds to Aphasia Center of California. So if it's time to replace an older car, or if you have a boat and trailer that are just taking up space in the garage, consider making a donation. You'll avoid the headache of selling a used vehicle, help the Aphasia Center of California fund its ongoing efforts, and receive a tax

deduction. When you're ready to donate, or if you have relatives or friends that wish to donate, simply call Donate For Charity toll-free at (866) 392-4483 or donate on-line at [www.aphasiacenter.org](http://www.aphasiacenter.org). We hope you'll take advantage of this opportunity and help us expand our commitment to improving

the quality of life for all those affected by aphasia.

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Written and edited by Roberta J. Elman

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