

"WRITE" ON OUR NEWS 4 YOU

HOLIDAY WISHES AND CHEER



It's been a long time since our WRITE ON group put their thoughts on paper. We hope you enjoy this edition of our holiday "news"

Please note: If you would like copies of something or have trouble reading our writing, please let us know.

CONTRIBUTORS

Andrea Richards

Jorge Salazar

Peter Andrews

Poppi (Thomas) Costello

Mike Strickland

Ken Thai

Suzanne Daigneault

Yvonne Creekmore



EDITOR

Abbe Simon



WHO WE ARE

This newsletter is brought to you by a group of TAP clients who attend our in person **WRITE ON** group on Thursdays.

While all our groups focus on sharing ideas, asking questions, and bonding, this group places emphasis on **WRITING**.

Weekly groups include different kinds of **WRITING opportunities**. And there is something possible for everyone.

Join us if you can!

This edition includes a special section writing by TAP client Yvonne. Check out the way she shares inspiration and ideas.



TRADITIONS

Christmas Time for Jorge!

When I was growing as child, every Christmas I felt at “Odds” with it. Seeing commercials in the movies and cards from family living in the US, with Santa Claus (Papa Noel) wearing warm a thing outfit, and rosy cheeks and snow falling, etc. Not until I learned, in middle school (I think) the existing of an invisible line called the Equator line, which separates the northern and southern hemisphere which affects the weather in opposite sides: i.e. while is winter in the north it is summer in the southern hemisphere.

In South America while enjoying summer school vacation, we celebrate the Christmas’ eve with going to mass late and eating a midnight (every child are “forcibly” encouraged to take a nap in the afternoon) dinner with hot chocolate, a delicious Panettone (a sweet bread with dry fruits) and roasted turkey (we do not have a Thanksgiving – uniquely American holiday) and afterwards give gifts, followed with a party, mostly for 17-18 years and up. The actual Christmas day, either sleeping, or at the beach (or both) working on our tans for the New Year’s celebration.



Thank you,
Jorge S.



Costello in the Kitchen

At Christmas Time

Tom, aka "POPPI", loves to be in the kitchen.
Here he shares a holiday cookie recipe



SCOTLAND



NORTH CAROLINA

Scotland
Scotch Shortbread

Scotland ~~one~~ ONE
100 year - 150 year
Marilyn Sinclair

Donna Costello and
Lynn Sinclair are friends
for many years. Lynn's
ancestors are from
Scotland. This is Lynn's
mother's recipe

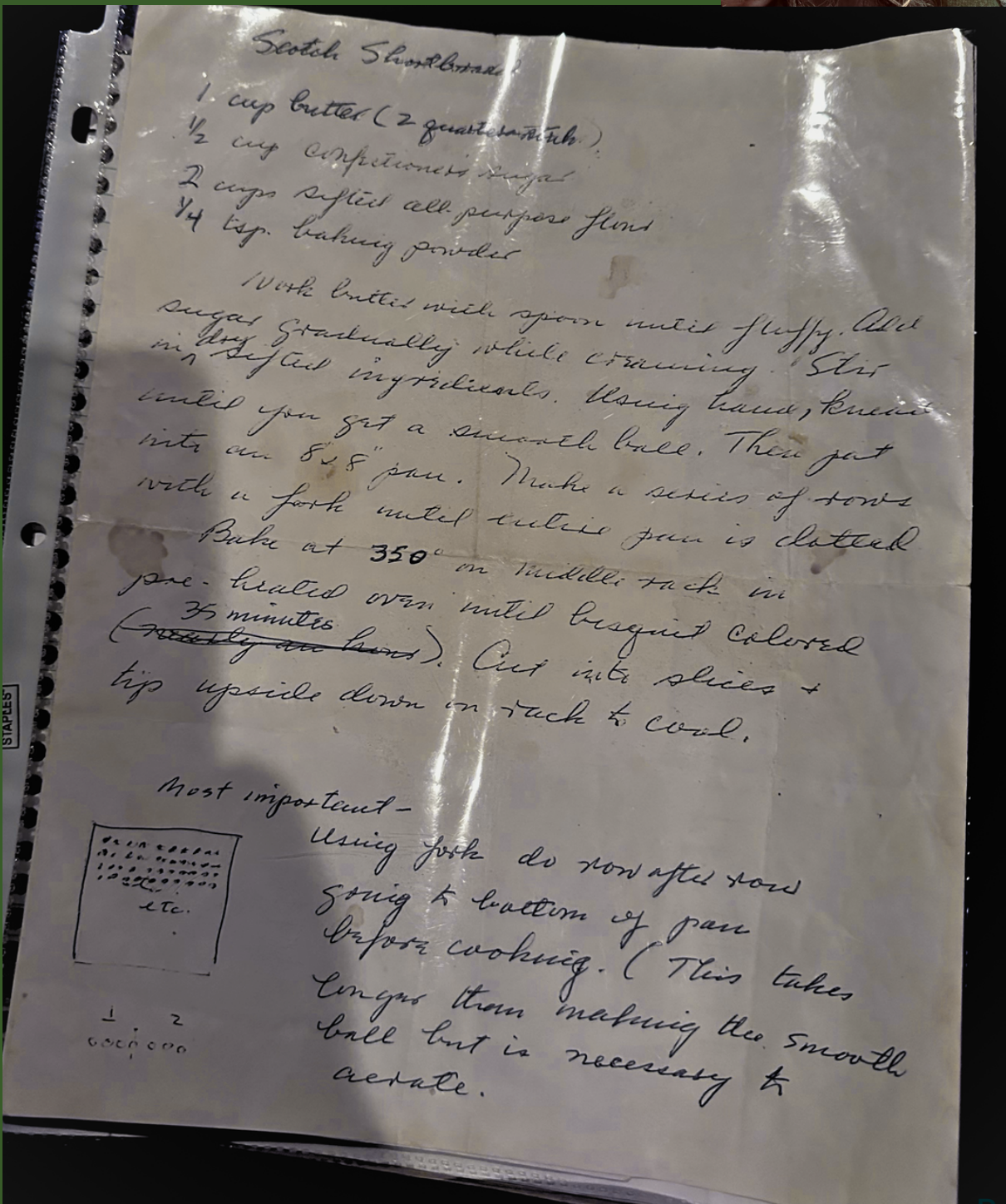
Tommy (Poppi)
Donna (Gigi)
Lynn

Costello in the Kitchen

At Christmas Time

Below is a handwritten recipe that has aged over the years!

Email us for a printed version if you are interested.



- *Simply find & save a photo you like to your computer's desktop.
- *Then open up your Zoom.
- *Click the Preferences, then Background & Effects.
- *Select your photo by +Add Image and boom!



All in the Family

My brother Denis and his wife Janice are coming from Hilton Head, SC on Saturday. We will have dinner on Sunday night with Noëlle. She will have salmon for us.

Then, in Christmas day, my brother Charles from New Jersey, the youngest brother is coming. He will be here around two o'clock. Then we will go to my daughter Justine and we will have dinner there. There will be 14 of us. It will be very nice. We will be all together.

Merry Christmas,
Suzanne

Written by Suzanne D

Ken cares

Christmas is a time of celebration, sharing and gift giving.

We celebrate the birth of Jesus.

He is the gift from God!

And we give because God gave us the most precious gift!

**I donated Christmas shoe boxes through Samaritan's Purse
to poor children in other Countries!**

It is not much, but I do what I can!

Thank you!

Ken



Mike brings color to groups and to his work life.

I own Stained Glass Associates, Inc. located in Knightdale. The shop has remained open since my stroke in May. Now, it's kinda hard for Angie my wife to do it all. We have some help but it's still different people.

I have been doing some of the work it's hard to do what we are trying to do. I can work but doing everything is hard right now. We are working on a church to make 28 windows for them.

This month some of my friends from TAP came to my shop to see how we work. Here I am showing them a picture I drew that I made into a stained glass windows about 7 years ago.

I hope I can get back to work again soon



Mike explaining how he creates each window by hand

A note from the editor



At this time of year there are lots of good things to eat and drink.

Allow yourself just the right amount so that you don't break any dietary rules *too much*.

A festive “cheat” treat or indulgent meal is a gift you can give yourself.

You deserve it.

Peepaw Pete

Hi my name is Peter and I am going to tell a little bit of the story of Lucy as me being a grandfather she really loves me and I'll do the same she is a year old and she is very funny about things and now I am called peepaw and that is very funny also I can't wait till she talks in sentences it's getting closer and closer anyway have a great Christmas and ho ho ho



STROKE OF MINE

YVONNE'S THOUGHTS OF INSPIRATION

VOLUME 2

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IT'S OK TO FEEL A LITTLE BROKEN SOMETIMES IN LIFE.
REMEMBER, CRAYONS BREAK AND THEY COLOR JUST
AS BEAUTIFUL.



THE WINDSHIELD IS BIGGER
THAN THE REAR-VIEW
MIRROR.

WHERE WE ARE GOING IS
MORE IMPORTANT THAN
WHERE WE HAVE BEEN.

-JELLY ROLL-

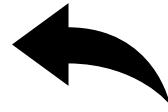
One thing I loved to do before my stroke was cook for my family and friends. I didn't think I was ever going to do it again, UNTIL I found some tools that would help me. --> I hope they will help you, too. Do you have some one-handed cooking tools to share?

ONE-HANDED COOKING TOOLS

FOOD CHOPPER
BOTTLE OPENER
JAR OPENER
FORK AND KNIFE

ALL OF THESE CAN
BE FOUND ON
AMAZON.





ROSIE
SAYS



You're so hard on yourself.

Take a moment. Marvel at your life.

At the grief that softened you,

At the heartache that wisened you,

At the suffering that strengthened you.

Despite everything, you still grow.

Be proud of this.

2 BOOKS I'VE READ

**"STRONGER AFTER STROKE"
YOUR ROADMAP TO RECOVERY**

By PETER G. LEVINE

The book's neuroplastic recovery model stresses repetition of task-specific practice, proper scheduling of practice, setting goals, and measuring progress to achieve optimal results.

"STROKE DIALOGUES"

*Conversations with DAD
By Jeri Goldstein*

- STROKE SURVIVORS
- CAREGIVERS AND LOVED ONES
- STROKE SURVIVOR SUPPORT GROUPS

What is the worst thing that somebody said to you about your language?

"My Inpatient Speech Pathologist told me there was nothing else that she could teach me, and that I had gone as far as I was going to go."

(Oh dear, had she never heard of the Triangle Aphasia Project?)

What are things people have said to you?

SOME CELEBRITIES WHO HAD
SUFFERED STROKES

KIRK DOUGLAS

CHARLES DICKENS

SHARON STONE

EMILY CLARK (GAME OF
THRONES)

Questions for the writers?

email:

groupleader@aphasiaproject.org

Subject: "Newsletter"

If you are interested in
contributing to our next
newsletter, send us an email!

See you in 2024!



**HAPPY
HOLIDAYS**