

In Our Words

from the **Aphasia Community Friendship Center** “*A Place to Thrive*”

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What do a Pontoon Boat, Piano, and the Devil Have in Common? Read About the ACFC's Recent Lake Cruise to Find Out! *By Bob*



We started from Zukey Lake Tavern to tour part of the Chain of Lakes. It was a pretty day, sunny and cloudy, cool but nice. Captain Scottie had a big pontoon boat. He talked and talked about the history; there were 2 railroads that crossed on the far side of the lake, so people came from all over in the late 1800s and early 1900s. He told us about how the ice was cut and stored and then shipped all over.



George and Pat, Harry and Karen, Roland and Diane were all there—I can't remember everybody's names. There were mostly summer homes along the lakes, some year round homes. One small lake was named Devil's Basin. Capt. Scottie told us of how many people died who lived along it, and also a story about 2 people who tried to move a piano across the ice from one house to another. The piano went into a hole and then into the lake. They tried to get it out with additional men, but couldn't, it sank further until it couldn't be seen. Maybe the Devil wants to play on it?



When we were almost to Portage Lake we had a chance to get off for a 'pit stop'. I got off the boat after Lynn and all of a sudden I joined the fish for an unwanted swim. I got completely wet. Cpt. Scottie gave me a dry shirt and then I put on Mary's sweater. We all had dinner at the Tavern afterwards. It was a good trip.



from the Aphasia Community Friendship Center "A Place to Thrive"



Tigers Review *By George*

How would you rate how the Tigers played?

During the regular season, Tigers played so-so. During playoffs, Tigers played really well. Verlander is the best pitcher.

What was the highlight of the game?

The game last night was perfect. They were winning the whole game. Scherzer pitched. Homeruns were hit by Cabrera and Peralta.

Have you always rooted for the Tigers?

I have always rooted for the Tigers. Harvey Kuenn was my favorite player ever. Verlander is my favorite.

Who are some of your other favorite teams?

The Tigers team is my favorite because they are local.

How do you think the Tigers will do in the World Series?

I think the Tigers will win it all. Next Sunday is the first game of the World Series; it's baseball night.

Who would you rather see the Tigers play in the World Series?

I'd like to see the Tigers play the St. Louis Cardinals because I have relatives in St. Louis.

A message from the Director



Staying connected to one's community can be difficult when living with aphasia. ACFC's mission includes promoting community connection. Our visit to the U of M Museum of Art and dinner together at Olive Garden provided a meaningful experience for families and awakened their sense of belonging outside of a clinical setting. —Lynn

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The ACFC group enjoyed a day of art and discussion at the University of Michigan Museum of Art.

"I thought it was terrific. The painting (Mt. Hood) was, uh uh yes, beautiful."
—Eugenie

"Diane found the painting of Mt. Hood to be beautiful and haunting. The statue of the flower girl was very much alive. She was scared, looking for a way to escape but unsure which way to go."
—Roland

"I liked the trip and Touch Table best (where I moved my hand and the pictures moved and changed). I liked going out to eat after." —George

{ 'Letters to the Editors' and/or to individual 'staff' members may be sent to: info@aphasiacentermi.org }



Hunting with Kerry

I hunt for grouse hunting, woodcocks, and deer hunting. . . . We go grouse hunting up there, up there in the part of the country, way up north and we take the dogs. . . . Kolt was 10 years old and him and I went hunting a lot. . . . He's 23 now . . . I've showed him how to do everything; what to look for and things like that. You gotta' learn how to do that when you're hunting. . . . When you're hunting and you shoot a grouse or a woodcock, or a deer, then you're gonna' eat it. I mean, you're not just gonna' throw it away for nothing. A lot of people don't do that. I clean it. . . . I cut it up in little tiny pieces—*butchering*—that's what I try to do. When I learned how to do that then Kolt has to do it. I had to show him how to do all that. . . . Now what are you going to do with it? Well, you make sausages. . . . There are a lot of ways of doing that. I have a machine that puts, you put it in the top like that and it comes out the other side as hamburger. It grounds it all up; once you make that you can turn it into anything.

The drop-in center for persons with communication disorders.



Come when you can—leave when you must.

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Sausage and Kale Soup Recipe Review *by Bob*

“This soup is good. The carrots, chard, and meat make it a colorful broth.”



You will need:

- 2 tablespoons olive oil
- 2 onions, peeled, coarsely chopped
- 4 garlic cloves, peeled, finely chopped
- 1 can (15-16 ounces) white beans, drained, rinsed
- 3 quarts fat-free, less-sodium chicken broth
- 1 piece (3 by 2 inches) Parmigiano-Reggiano rind, optional
- Favorite all-purpose seasoning mix or salt and pepper to taste
- 1 bay leaf
- 1 teaspoon finely chopped fresh rosemary
- 1 pound sausage sliced crosswise ¼-inch thick
- 8 small carrots, peeled, sliced about ¼-inch thick
- 1 pound kale, stems and center ribs discarded and leaves coarsely chopped

In a large soup pot, heat the olive oil over low heat. Add the onions and cook over moderately low heat, stirring occasionally, until softened, 4 to 5 minutes. Add the garlic and cook, stirring, 1 minute. Add the beans, chicken broth, cheese rind, all-purpose seasoning mix or salt and pepper, the bay leaf and rosemary. Simmer uncovered while browning sausage in batches in a heavy skillet over moderate heat, turning about 8 minutes. Drain sausage on paper towels.

Stir the carrots into soup and simmer 15 minutes. Add the sausage. Stir in the kale and cook another 5 minutes until the kale is wilted. Remove cheese rind and serve.



This recipe was copied from the *Detroit Free Press*.

	Visit our website: www.aphasiacentermi.org
	The ACFC is located at: Hawthorn Suites 3535 Green Court Ann Arbor, MI 48105
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Drop in for conversation and more!
Every Friday 10:00 a.m.— 4:00 p.m.
Contact us for monthly fee information.
(First visit—NO charge)

The participants of **ACFC** submit their articles for *In Our Words* in writing or by dictation. It is our intent to present their contributions *in their own words*. All participants of **ACFC** are welcome to submit an article to the newsletter, so please join us.

We want to hear from you!

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**from the Aphasia Community Friendship Center “A Place to Thrive”**

ACFC provides a stimulating environment where persons with aphasia, regardless of their stage of recovery or ability to pay, can continue to optimize communication skills and enhance quality of life through a variety of aphasia-friendly programs. We rely on donor support to offer this important service for people with aphasia.

A special “Thank You!” to the following donors:

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ACFC donors are part of a growing community of support on which we rely. Please contact us at (734) 429-5679 or email info@aphasiacentermi.org to learn about ways you can help:

- Volunteer your time or services
- Become a sponsor: a \$10 donation sponsors a full day at the **ACFC** for a person with aphasia
- Learn more about aphasia

*Aphasia Community Friendship Center is a non-profit 501(c)(3) charitable organization.

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