



March 18, 2011

Issue No. 4

Dear Brenda,

In this issue, you'll find information about our upcoming Spring Adjustment Matters Lecture Series. First and foremost, we are happy to announce a new cooking group being offered by the [University of Michigan Aphasia Program](#) (UMAP). See the article below for details on this exciting new project.

We've also finalized the topics for this spring's Adjustment Matters Community Forum Series.

- Figuring out Friendships
- Language Development is Child's Play
- Creative Longevity and Positive Aging

We're proud to provide these lectures to the community this spring.

As always, do not hesitate to contact us with any questions, comments, or concerns.

[-The Institute for Human Adjustment at the University of Michigan](#)

UMAP Cooking Group Offers Unique Approach to Speech-Language Therapy

The University of Michigan Aphasia Program ([UMAP](#)), offered by the University Center for the Development of Language and Literacy ([UCLL](#)), is one of the oldest speech-language therapy programs in the country. It is geared towards adults who have aphasia or other language disorders resulting from stroke or other brain trauma. In January of this year, UMAP started a cooking group that meets weekly to prepare food dishes, which the group shares with the staff at UCLL. The UMAP therapy program includes a broad and diverse range of specialized groups based on clients' interests. Led by Senior Speech-Language Pathologist Heather Parzynski and Client Services Coordinator Lisa Kraus, the cooking group aims to redevelop reading, writing, and speech-language skills that are lost with the onset of aphasia, while engaging clients in an activity that is of interest to them. Clients research the recipe and develop a list of ingredients. Recipes and shopping lists use mostly pictures, supporting the clients' transition back to reading. The trip to the grocery store requires them to read shopping lists, read items on shelves, ask for help to locate items, and talk with one another while at the store. They also discuss amongst themselves who will be responsible for each cooking task, such as

In This Issue

[UMAP Cooking Group](#)

[Spring Adjustment Matters](#)

[Anxiety Group](#)

Spring Adjustment Matters Community Forum Series

Wednesday, April 13th at Ann Arbor Downtown Library on 5th Ave:
[Figuring Out Friendships](#) with Roberta Hirshon, M.A. L.C.S.W.



Wednesday, May 25th at Ann Arbor Downtown Library on 5th Ave:
[Language Development is Child's Play](#) with Beth Salz, M.S., CCC-SLP



Wednesday, June 8th at Ann Arbor Public Library, Malletts Creek Branch:
[Creative Longevity and Positive Aging](#) with Todd Favorite, Ph.D.

chopping onions.

Though the group is new, they have already made several delicious dishes, including pizza, baked potato soup, cheesecake, and taco salad.

"Clients are pleased with what they can do," says Parzynski, "Cooking empowers them, because it's a project that *they* completed. It's something of which they can be proud."

After a stroke, it often takes quite a long time before people are able to get back into such daily activities as cooking. The group is definitely a step in the right direction for UMAP, for it helps the clients realize that the skill can be restored, and that they can continue the practice when they return home.



Visit [UMAP's website](#) for more information regarding events.



For more information on each of the spring community lectures, please visit www.umiha.org.

Anxiety Group Finds YouTube a Useful Tool

This winter, the Psychological Clinic has been running a treatment group for anxious test takers throughout the University community. By "Moving from Anxious to Zen," Clinic interns Meghan McClain and Dennis Wendt have helped students to show anxiety who's boss. With the help of various YouTube meditation videos, the group has found their zen and will be sure to conquer their final exams in April.

For more information on the Psych Clinic, please visit

www.psychclinic.org.

For your own mini-meditation series, Dr. Shelly Van Etten Lee of the Clinic recommends the following videos:

[Guided Breathing](#) (14:57)

[Acceptance](#) (8:58)

[Mindfulness Meditation](#) (72:05)

Quick Links

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[University Center for the Development of Language and](#)

[Literacy](#)
[University of Michigan Aphasia](#)
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[The Institute for Human Adjustment](#) serves the University and the broader community with intervention programs of the highest quality to assist individuals, couples and families with difficulties in adjustment, learning and communication. The IHA provides state of the art educational opportunities for providers-in-training in these areas, and conducts research on important facets of these activities.

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