



The Stroke I.M.P.A.C.T. Study

NEWSLETTER

Volume 13 December 2007

Eat Your Way to a Lucky 2008

Traditionally, it was thought that one could affect the luck they would have throughout the coming year by what they did or ate on the first day of the year. For that reason, it has become common for folks to celebrate the first few minutes of a brand new year in the company of family and friends. Parties often last into the middle of the night after the ringing in of a new year. It was once believed that the first visitor on New Year's Day would bring either good luck or bad luck the rest of the year. It was particularly lucky if that visitor happened to be a tall dark-haired man.



Traditional New Year's foods are also thought to bring luck. Many cultures believe that anything in the shape of a ring is good luck, because it symbolizes "coming full circle," completing a year's cycle.

For that reason, the Dutch believe that eating donuts on New Year's Day will bring good fortune.

Many parts of the U.S. celebrate the new year by consuming black-eyed peas. These legumes are typically accompanied by either hog jowls or ham. Black-eyed peas and other legumes have been considered good luck in many cultures. The hog, and thus its meat, is considered lucky because it symbolizes prosperity. Cabbage is another "good luck" vegetable that is



consumed on New Year's Day by many. Cabbage leaves are also considered a sign of prosperity, being representative of paper currency. In some regions, rice is another lucky food that is eaten on New Year's Day.

Improving Motor Performance Applying Constraint Therapy



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New Year's Resolutions

A New Year's resolution is a commitment that an individual makes to a project or a habit, often a lifestyle change that is generally interpreted as advantageous.

The name comes from the fact that these commitments normally go into effect on New Year's Day and remain until the set goal has been achieved, although many resolutions go unachieved and are often broken shortly after they are set. Many New Year's resolutions involve maintaining peak vitality and physical fitness. Toward that end, we are offering possible New Year Resolutions for participants in The Stroke **I.M.P.A.C.T.** Study.

Stretch every day. Start with your weaker hand and work your way up the arm and to the shoulders. Stretching your tight muscles will help when you try to use your weaker hand
Set small goals for yourself every day and/week. Resolve to use your weak hand in situations you normally would not. (i.e. turn the pages of a book or the newspaper, wipe the dining table after a meal or deliberately stack small items for the purpose of knocking them down and stacking again.)

Reward Yourself for a job well done. Don't let the slight improvements go unnoticed by yourself or others. You deserve to be proud of your accomplishments no matter how small they seem.

Wear your I.M.P.A.C.T. t-shirt any time you will be in the company of other folks who have had a stroke. Spread the word about our study to those who need to know.



Congratulation Dr. Chiu

The Stroke **I.M.P.A.C.T.** Study is pleased and proud to announce that our very own Yi-Po Chiu has successfully completed and defended his dissertation: [“Stroke and Constraint-Induced Movement Therapy: Use of Eshkol-Wachman Movement Notation to Measure Quality of Movement”](#). Po will be receiving his Ph.D. at graduation ceremonies at the University of Florida in Gainesville on December 14, 2007.

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