



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

NEWSLETTER

Issue 5

March 2007

March Comes in Like a Lion and Out Like a Lamb

The month of March is loaded with holidays and special events. St. Patrick's Day may be the most popular and widely known of March's celebrations, but it shares the month's notoriety with other celebrations. Sports fans go crazy over March Madness when the NCAA showcases the best in college basketball. Mardi Gras begins in February, but festivities continue well into March.

We celebrate the vernal (spring) equinox in March. March is also Women's History Month. Having grown from National Women's Day, (March 8th), this month-long celebration highlights contributions of women to events in history.

Not as well known, but a celebration none the less, is National Noodle Month. Noodles, pasta, macaroni, whatever you want to call them, are the ultimate comfort food. Not surprisingly, consumption of noodles increases by as much as 20 percent in January, February and March.



Besides being delicious and easy to cook, noodles make great arts and crafts. So here's the Stroke I.M.P.A.C.T. Study hook. Choose a noodle project as therapy for your more affected hand. Cook your favorite noodle dish making extra sure to keep safe around boiling water. If cooking isn't your thing, make jewelry with your noodles -- stringing ziti or rigatoni on a piece of yarn. Recall your childhood and create a noodle collage by gluing assorted pasta onto a poster board. If you want to be really creative, color the pasta first either with food dye or colored markers. Get the children in your life involved in this activity. If you create a noodle masterpiece that you would like to share with your

fellow I.M.P.A.C.T. participants take a digital photo and send it to us. With your permission we will feature your photograph in next month's issue.

Be sure to test your noodle knowledge with the quiz on page 2

Improving Motor Performance Applying Constraint Therapy



University of
South Carolina



University of
Florida



Colorado State
University



Never Stop Learning

Even unfortunate experiences (like stroke) provide an opportunity to learn about something new. The Stroke I.M.P.A.C.T. Study encourages participants to educate themselves about stroke and constraint induced movement therapy (CIMT). This month we would like to introduce the term brain plasticity.

Brain plasticity is the brain's ability to learn and change, allowing it to adapt to deficits and injury and to take over the functions of damaged cells. When cells in an area of the brain responsible for a particular function die after a stroke, the patient becomes unable to perform that function. However, the brain's ability to rewire the connections between its nerve cells allows it to compensate for lost functions.

For more information on brain plasticity and other stroke topics visit <http://nihseniorhealth.gov/stroke/>

Test Your Noodle IQ

To celebrate National Noodle Month, take a few minutes to use your noodle with our quiz. (circle one answer, but be sure to use your more affected hand to make your choice). To make this even more challenging alternate between different colored markers to make your selection.

1. What people are on record as making noodles and other pasta as early as 3,000 B.C.?
A. Greeks B. Romans C. Egyptians D. Chinese
2. "Noodle" comes from the word "nudel," which has origins in which language?
A. Italian B. German C. Swedish D. Greek
3. How many quarts of water should be used to boil one pound of dry noodles?
A. 1-2 B. 4-6 C. 6-8
4. What ingredient do noodles contain that makes them different from most other pastas?
A. Iron B. B-vitamins C. Egg D. Olive oil
5. Noodles and other pastas are what kind of carbohydrate?
A. Simple B. Technical C. Complex
6. Noodles play a starring role in which traditional dessert?
A. Napoleans B. Kugel C. Flan
7. Noodles are available in which different varieties?
A. Fine, Medium, Wide and Extra Wide B. Round, Square and Triangular C. Short, Medium, Long
8. Noodles are best used in which dishes?
A. Casseroles B. Soups C. Topped with sauces of all kinds D. All of the above
9. All pasta are noodles?
A. True B. False
10. According to the Food Guide Pyramid, a single serving of noodles is:
A. 1-1/2 cup B. 1 cup C. 1/2 cup D. 1/4 cup

ANSWER KEY: 1. D 2. B 3. B 4. C 5. C 6. B 7. A 8. D 9. B 10. C

To add more knowledge to your noodle visit: <http://www.ilovepasta.org/>

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