



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

## NEWSLETTER

Volume 19      Holidays 2008

### I.M.P.A.C.T. Your Holidays



Winter is upon us, time to get your warm clothes out and get ready to celebrate the holidays. With your friends and relatives around, the season brings many opportunities to refresh the rehabilitative training skills that you learned while participating in The Stroke **I.M.P.A.C.T.** Study.

Everyone enjoys the bountiful meals that we have for the holidays, so why not start by helping out in kitchen? Volunteer to be the sous (assistant) chef of your family's holiday meals. Dependent on the level of function, you can: gather the necessary ingredients from the pantry, refrigerator, or cabinets, place items on the counter for the head chef, rinse vegetables, open cans, set the table, arrange a floral centerpiece, and create and arrange seating place cards.

If your stroke affected hand is up to it, you might

try chopping vegetables, mashing potatoes, carefully filling water glasses, or taking guests' coats and hanging them in the closet.

When dinner is served, don't forget to use your weaker hand to place your napkin on your lap, use your utensils, and raise your glass to toast the holiday season and the progress you have made in your stroke recovery. If the precision of setting the table is too advanced for you, cleaning up afterwards is your assignment.

Other ways to exercise your affected hand is playing games with the children. Checkers, chess, Scrabble, cards, Connect Four, Jenga, and Perfection are all games you may remember from your **I.M.P.A.C.T.** training. Weather permitting, go outside and toss a ball, Frisbee, (cont'd on back)



University of  
South Carolina



University of  
Florida



Colorado State  
University



(Cont'd from page 1)  
 horseshoe, swing a golf club, play badminton—whatever challenges you but does not strain. At the very least, take a walk with the kids and have them gather beautiful items of nature that you carry home in a bag. A craft project awaits you.

## Holiday Match-up

Using your more affected hand, draw a line connecting the images below with their respective holiday/season.



**Thanksgiving**



**Hanukkah**



**Christmas**



**Kwanzaa**



**New Years**



**Winter**



**Dept. of Exercise Science**  
 1300 Wheat Street  
 Columbia, SC 29208  
 Stacy Fritz, Ph.D., P.T.  
 Co-Principal Investigator  
 Phone: 803-777-6887  
 Email: sfritz@gwm.sc.edu

**College of PHHP**  
 Dept. of Physical Therapy  
 PO Box 100154  
 Gainesville, FL 32610-0154  
 Fran Greenberg: Coordinator  
 Phone: 352-273-5274  
 Email: fgreenberg@phhp.ufl.edu

**Dept. of Occupational Therapy**  
 Neuro-Rehabilitation Lab  
 Fort Collins, CO 80523  
 Matthew Malcolm, Ph.D., OTR  
 Co-Principal Investigator  
 Phone: 970-491-2646  
 Email: malcolm2@cahs.colostate.edu