



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

NEWSLETTER

Issue 6

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UF 2007 NCAA Champs (story p.2)

April Showers Bring May Flowers--Only if You Plant



Get into the Garden! We live in a fast-paced world full of impatience, anxiety, stress, frustration and self-indulgence, where pills for nervous stress, depression and high blood pressure are common. But there is a natural remedy for many of these ills. It's called nature! April is the perfect month to begin participating in the nature around you.



Go outside, work for a short time in your yard or garden. You will be surprised at how much better you'll feel. If you are angry, impatient, nervous, unhappy, or sad, gardening is the answer. Take your emotions out on the weeds, prune the shrubs, cut yourself a flower bouquet to take into your home or cut down that plant you don't like or want, or just simply dig in the soil. Mother Nature is a great healer.



Gardens and gardening can be excellent therapy for people who have had a stroke. The senses are stimulated by getting out in the fresh air and sunshine, seeing colors and smelling scents, hearing birds sing and leaves blow in the breeze, and touching plants and soil. Even

hands that struggle with fine motor skills can be successful in the garden where exact precision of movement is not necessary.



There is no great loss in the garden if a hole is dug too deep, or too shallow. If one too many or not enough seeds are planted in a trench—Big deal! If your watering can accidentally spills out on the lawn or sidewalk instead of the intended flower pot—who cares! And if you should pull a plant from the ground when your objective was a weed, there will be no garden police to give you a fine. Give yourself a well deserved pat on the back for getting out into the garden this April because you will be doing something positive for yourself and beautifying your surroundings for your family and friends.



We would like to hear about your gardening experiences. If you have a garden success story please share it with the readers of The Stroke I.M.P.A.C.T. Study Newsletter. Write to us or better yet send a photo. Maybe your prized garden will be featured in an upcoming issue of the newsletter.

Improving Motor Performance Applying Constraint Therapy



University of
South Carolina

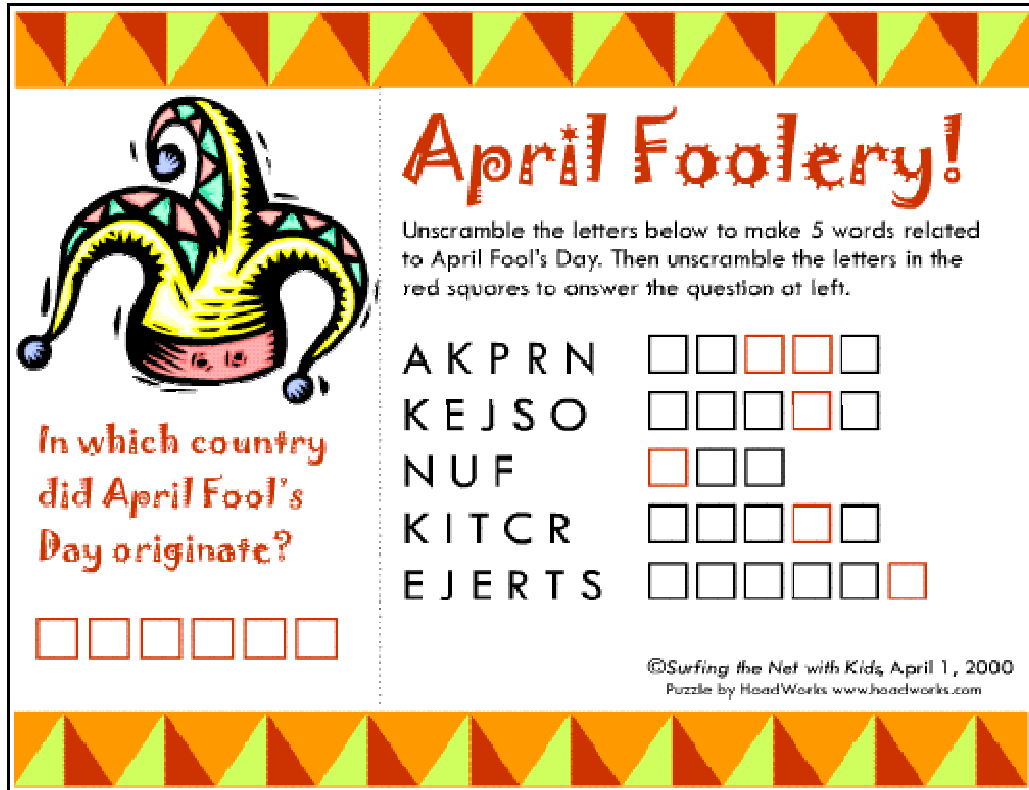


University of
Florida



Colorado State
University

Have a go at this April Fools Word Scramble. Use your more affected hand to fill in the boxes. Put down your pen or pencil between each scramble word and pick it up again to begin the next .



April Foolery!

Unscramble the letters below to make 5 words related to April Fool's Day. Then unscramble the letters in the red squares to answer the question at left.

AKPRN
 KEJSO
 NUF
 KITCR
 EJERTS

In which country did April Fool's Day originate?

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Puzzle by HeadWorks www.headworks.com

Gators Make History--Buckeyes Fall Again

The University of Florida Gators won the NCAA Basketball National Championship for the second year in a row when they beat the Ohio State Buckeyes (84-75) on April 2nd. The University of Florida football team, also National champs, beat the Buckeyes for the Football National Championship in January. No school ever before won both National Championships in the same school year. UF became the first team to win consecutive basketball championships since Duke did so in 1991-92. Congratulation Gators!

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