



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

NEWSLETTER

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Fire Up the Barbie~Keep the Kitchen Cool

We are in the dog days of summer and it's too hot to cook (indoors) so head outside to the BBQ grill. Here are a few ideas on how to prepare an easy complete meal for your family using only your outdoor grill and your affected hand.

The secret (or easy part) is using grilling packets constructed using aluminum foil. Here's how: using your affected hand, put your pre-marinated and seasoned grilling item (i.e. meat, chicken, fish) on a piece of heavy duty aluminum foil and fold the foil over the meat. Roll up the sides of the foil packet you just created and fold them over. Make sure they are completely flattened at the ends so nothing escapes! Using a grilling packet is a great way to create fresh meals with virtually no clean up. Just crumble the foil and toss.

Grilling packets can also be used for vegetables and other side dishes.

Slice and season the vegetables and lay them in the center of a piece of aluminum foil. Fold the foil loosely over the center of the vegetables, creating a tent. Make a double fold with the two ends to seal the top of the packet. Fold each end inward to create a sealed double fold. Packets are a good idea when everyone wants the same thing but with slightly different touches. In this case each packet becomes an individual serving. Use your affected hand to create different combinations for all your guests. Be sure to keep vegetables and raw meats separate to avoid cross-contamination.



Try to peel and cut your vegetables with your affected hand. The prep work could become your job while your caregiver works with the flames. But whoever handles the fire, make sure to wear protective grill mitts and use long handled tongs for safety. Your summertime BBQ feast will be ready in a jiffy!.

Improving Motor Performance Applying Constraint Therapy



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Find the words about cool summer drinks from the box at the bottom of the puzzle. The words can be forwards or backwards, vertical, horizontal, or diagonal. Circle each letter separately, but keep in mind that letters in each cool drinks word may be used in more than one word. When the puzzle is completed, read the remaining letters left to right, top to bottom, to learn an interesting fact about a cool summer drink.

Cool Drinks Word Search Puzzle

F R P O E K A H S K L I M Z E
 I N O G D R I N K S S C I M I
 C L P A A S L U S H E E R I L
 E T A O S T L U I S H D E C I
 C E D S H A O C V E E C X E M
 R O O T B E E R F L O A T D E
 E I S S T D E D A R E P V C A
 A E N B T E E F E D O P I O D
 M R E E I C D T E C E U R F E
 S E A A M Y A S I K J C N F C
 O E A R N W N O U N L C D E T
 D H G N K O O L A I D I E E T
 A P U N C H M I M E Y N M O F
 A S L E A X E I H T O O M S A
 N D E R T T L H E G P R E A T

GATORADE	KOOL AID	ROOT BEER FLOAT	WATER
ICE CREAM SODA	LEMONADE	SLUSHEE	JUICE
ICED CAPPUCINO	LIMEADE	SMOOTHIE	PUNCH
ICED COFFEE	MILK	SODA POP	TANG
ICED TEA	MILKSHAKE	SUNNY D	YOP

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