



“Expressions of Strength: An Anthology of Black Journeys through Aphasia”

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Purpose of Project

The purpose of this project is to amplify the personal narratives of Black people navigating life with aphasia, while serving as a guide to those who may be suffering similar battles with communication. Specifically, themes related to:

- coping strategies while living with aphasia
- the importance of family and other integrated support systems
- mental challenges and struggles faced while being black with aphasia

These compilations of writings are compiled essays, short stories, poems, songs, prayers, checklists, and personal reflections, offering a unique lens unique to the experiences of Black people with aphasia.

Foreword

FOREWORD

By

Donald Cunnigen, Ph.D.

The purpose of this volume is to serve as a helpful resource for Black/African American individuals with aphasia and related communication disorders, as well as for their caregivers and partners. We aim to share our experiences and knowledge as we navigate the uncertain and often precarious journey of being Black and living with aphasia. As Black Aphasians, we decided to share with others in a Black Aphasia anthology rather than hide our Black Aphasia lights under a bushel. We are going to let it shine, shine, shine all over the world! The volume was conceptualized and derived from internal virtual biweekly-group discussions and writing assignments/voluntary contributions of *ABAC--Acadiana Black Aphasia Club*. In the words of the African proverb, as Black Aphasians:

There is more wisdom in listening than speaking.

This excerpt only represents a portion of our anthology’s foreword



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This excerpt only represents a portion of our anthology’s TOC

Sample Anthology Entries

Coping Strategies while being Black with Aphasia “How I Cope”

Written By: Patricia Ledet

1. *I pray daily & read the daily scriptures but, @ times it's hard to understand the meaning of the scripture*
2. *Prepare my clothes the night before if I have to go out the next day*
3. *Always try to leave home @ least 45-30 minutes early for any away from home activities.*
4. *Make sure I always have some kind of drink with me.*
5. *Utilizing technology is a hard challenge for me such as computers , cellphone, and internet but I keep working to make things better day by day*

Unapologetically Me

by Denise Mendez, Ed.D

Sorrowfully so close, but time has shown the rifts, like some negative habits, and this relationship will end.

You were my strongest champion, you supported me

When I was on-target, you cheered and if correction was needed, you sorrowfully would dole out that ensured there would be no repeat.

But now...

Aphasia changes... perception, changes needs, changes personalities

I do not apologize when I can not remember a word when speaking or can’t recall a person’s name.

I do not apologize for my stammer, stutter, or halting speech.

I do not apologize when your speech is too fast for me to understand.

I am no longer my own worst enemy. I realize that I am a strong ally and always depend on myself.

I AM my best friend.

Contact

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