



## Show Notes - Episode #40

### The Moving Message Walk with Julie Hart

Welcome to the Aphasia Access Conversations Podcast. I'm Jerry Hoepner, a faculty member in the department of Communication Sciences and Disorders at the University of Wisconsin – Eau Claire. I am privileged to introduce today's guest, Julie Hart, from the College of St. Rose, in Albany New York.

Julie Hart is the Director of the TBI Medicaid Program in the Lally School of Education within the College of St. Rose. She was a colleague and mentee of Dr. Mark Ylvisaker. Along with her everyday work as a clinical supervisor, she developed the Moving Message Walk and Moving Message Fund, along with individuals with stroke and brain injury. This year marked the 10th annual Moving Message Walk. Julie truly adheres to the LPAA principle, nothing about us without us. This work exemplifies Julie's everyday work with individuals with brain injury and stroke, following LPAA principles.

In today's episode, listeners will hear and learn as:

- Julie shares her mentorship by and 20 years of collaboration with Mark Ylvisaker.
- She also shares her years of collaboration with a cohesive, person-centered and innovative department at the College of St. Rose.
- Learn about the origin of the Moving Message Walk idea that began with a group member, "Doc," who had been training for a Strides for Stroke 1-mile walk, which was cancelled.
- The Moving Message Walk began as an out of pocket, grass roots effort to create a walk for Doc and others at the College of St. Rose.
- Money raised was donated to the Ylvisaker scholarship fund, at the one-year anniversary of his passing.
- After that first year, the Moving Message Fund was created to provide \$2500 scholarships for therapy, technologies, and anything that will support communication of stroke and brain injury survivors.
- The mission of the Moving Message Walk – celebrating people who have communication impairments, recognizing the strength they have, honoring their human nature, making people more aware of what it's like to have a communication disorder and how someone's life can change in the blip of a screen, making sure it's about the participants-for the participants-and put on by the participants.
- The underlying work of the Moving Message Walk takes place all year long, beginning with projects identified by the individuals contributing to the Moving Message Walk.
- The message, itself is part of those projects – 40+ signs developed and posted throughout the walk share what participants want to share with the community and how to respectfully interact with people with communication impairments.



- A reminder about the patience it requires to implement project-based interventions effectively – Julie emphasizes really listening to our clients.
- Projects arise out of an authentic need of a particular client or clients. This comes from conversation with the clients and then thinking about how to implement the project.
- All of this takes place in collaboration with real-world people, including students, faculty, family, community members, and in community contexts – at the heart of LPAA principles.
- The Moving Message Walk is made up of many mini-projects including speeches, biographies, signs, booths, event promotions, raffles, give aways to raise awareness, and other talents.
- At the College of St. Rose, 22 adult neuro groups every week feed into the Moving Message Walk.
- Julie discusses the nuts and bolts of all of the logistics involved in this program.

#### Show Highlights:

- The Moving Message Walk is a program that is carried out for the people by the people which combines project-based interventions with advocacy and authentic sharing of what it means to live with a communication disorder.
- This program is grounded in principles of the Life Participation Approach for Aphasia.
- Learn about balancing logistics/all of the moving parts of such an undertaking with adhering fully to the underlying mission and principles of the Moving Message Walk.
- Julie shares a story of supervising a student at the hospital who asked at the end of a session “Do you think that what you just did was therapy?” [we had worked on conversation] and Julie said “Absolutely, this woman is a 52-year-old woman who wants to talk with her kids again, wants to talk with her friends, she doesn’t want to label 60 pictures, and if you take this approach, those 60 pictures will come.” – what a powerful elevator speech for the LPAA.
- This can happen on any scale or size.

#### Resources identified in this podcast:

- The Moving Message Fund Facebook page: <https://www.facebook.com/MovingMessageFundSaintRose/>
- The Moving Message Walk webpage: <https://www.strose.edu/campus-offices/joy-s-emery-center/winkler-speech-language-hearing-clinic/traumatic-brain-injury-stroke-services/moving-message/>