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Parkinson's speech exercises pdf

Parkinson's disease is caused by damage to cells in a part of the brain called noun nigra. These cells (called neurons) are essential for controlling movements in the body. They do this by producing a chemical called dopamine that acts as a messenger to other parts of the brain. When these neurons are damaged or die, less dopamine is made. Finally, as enough cells are lost, the motor symptoms of Parkinson's disease appear. As a neurodegenerative condition affecting the motor system, most symptoms of Parkinson's disease are abnormal movements in the body. The classic motor symptoms are tremors, muscle stiffness and slowness in motion. Other motor symptoms include an inability to maintain posture and balance, and changes in speech and facial expressions. There is no cure for Parkinson's disease. Treatment is individualized for each patient to relieve symptoms; it can include medication, surgery, and lifestyle modifications – especially exercise. We convey meaning through verbal and non-verbal communication. Regardless of language, we speak using vocals and consonant sounds that form into words. There is a lot of information that we convey through speech inadvertently. For example, our speech can convey age, gender, regional accents, education and health. As you can begin to see, speech is an important part of the human experience. Being able to speak and understand others is essential to our social well-being. Speech disorders and conditions that affect our ability to speak can have a huge impact on us. Problems affecting speech ability can be mild (lisp), medium (bronchitis) or severe (paralysis). Therapy and counseling can correct mild speech problems. Surgery and medications can correct some of the more serious talking problems. Usually our left brain handles language. Those with damage to the left brain tend to have problems with grammar and syntax. In addition, damage to a particular part of the brain, Wernicke's area, results in poor language separation. Everett's speech was the draw, but his is not the enduring speech. Why? First, Everett played to the audience, referring to Southern aggression and Confederate conspiracies. Lincoln, on the other hand, looked at the big picture. He gave the speech about preserving self-government rather than about any struggle. As we mentioned, he didn't even say the words Gettysburg, slavery, Confederate or Union. Instead of addressing divisive questions or narrowly defining his speech of the battle, he spoke in very broad terms. Instead of delivering an angry diatribe against the Confederacy, as Everett had done, Lincoln emphasized healing the country and working against the ideals set out in the Declaration of Independence. When it comes to speaking style, Lincoln also departed from Everett. He used many flourishing and archaic phrases, but he was a lot simple and clearly spoken. This more direct form of speech had only recently begun to catch on. While the use of romantic language was still widespread, Lincoln was among those who recognized the need for more concise language. People used the telegraph for communication during the war, and envoys had to get to the point quickly if they were to be tapped out over the wires. Lincoln's world adapted to faster forms of communication, and speeches like the Gettysburg speech reflected the changing times of the Gettysburg speech considered a defining moment in the way Americans viewed themselves and their government. A phrase Lincoln uses at the end of the speech - a government of the people, of the people, for the people - was a new interpretation of American government and society. Before that, people had talked about ending slavery, but few talked about equality. And while Lincoln was not necessarily an advocate of complete equality for African Americans, the concept that we as human beings are at least created equals, which are generally accepted in modern American political thinking, was a rather radical proposition. With the speech, Lincoln actually redirected political thinking in America against his interpretation of the Declaration of Independence as opposed to the Constitution. Author Garry Wills describes the change as a means to an end, with the end being the ideals of the Declaration of Independence [source: Wills]. The unprecedented ideal that all people are created equal has driven much of American political goals since then. And instead of using complex political rhetoric, more closely associated with the romantic language, Lincoln gets to the point in the Gettysburg speech. Political scientist Philip Abbott summed up the importance of Lincoln's speech: In Gettysburg, he stated his opinion in terms of so simple and eloquent that the speech is considered a masterpiece of political discourse. [source: Abbott]. Last updated on December 18, 2020 [inherent, the 20-000 travelers double as a social butterfly. They can strike up a conversation on a whim and somehow manage to find common ground with individuals from all walks of life. Travelling on your own can be incredible eye opening and enriching, but it will also equip us with skills necessary to succeed. Communication and interpersonal skills are qualities that can be learned and honed. These skills apply in everyday life and can be translated into professional environments. We are inherently closed for my first lonely travel experience, I had just come to San Francisco for an external ship. There was a problem with our train and we had to switch to a new train on the next platform. A gentleman who had done polite conversation decided that it was now his task to help me move my things to the next well-meaning. I was horrified. I wasn't used to strangers' kindness, in fact I thought he was trying to rob me or worse. Kindness is somewhat regional. And growing up in the tristate area, I had been conditioned to be extremely skeptical. Interaction with strangers seemed incredibly taboo. It's shameful to admit, but social skills have fallen by the wayside. We've forgotten how to talk to each other. The idea of breaking up a conversation with a stranger is borderline terrifying. But more frightening still, the lack of effective communication will eventually lead to a lonely life. Keep the passion alive! A very wise man once said that before he fully commits to anyone, take them on a trip. This wise man is Bill Murray - and he's telling the truth. Travel can be a very vulnerable time for many, often it can bring out the worst in humans. But if you are able to overcome the inevitable obstacles that will arise during the trip, travel has proven to strengthen relationships. It gives yourself and your partner an opportunity to share in a common goal. Just being in a different environment, free of all your daily commitments that tend to get in the way, will help reignite romance and intimacy. It will give you both the opportunity to return to some problems that would normally initiate an argument- in a safe, romantic setting. Couples who regularly travel together have reported having more effective communication with each other than those who do not. You'll never see the world the same! The greatest revelation you can experience when they immerse themselves in the tourism style is the realization that not everyone thinks the way you do. Not everyone lives the same way you do. Different cultures have different philosophies and priorities. Breathe, relax, enjoy Growing up in a place where the results are expected instantly, I did not take good to the idea of waiting. I mean, what's waiting? I placed my order, and I want it now. There was clearly impatience smeared all over my face. The server that took my order ever asked me so innocent: Why do you look upset? You have a few extra moments to just enjoy life before you receive the food. He was so right. Why did I get upset? I had nowhere to be. So I took his advice. I took a deep breath, taking in all the beauty that surrounded me. Patience is a virtue. And when you travel, you have no choice but to be patient. Learn to roll with punches! To everything works out as planned, things are going to have to go wrong. When you travel, you are exceptionally vulnerable to these mishaps, with very little certainty if things happen to not go your way. This can be incredibly scary the first few times around. This can even deter someone from deciding to continue. But if you can hack it and take hits as they come, you will develop the patience of the Saint. Bad things are going to happen; let them. You'll find another way. When things don't work, you need to be patient not only, but also adaptable. You need to be able to remember and strategize, or at least accept the situation at hand and roll with it. That's not the situation- it's your reaction! In an avalanche of positive effects, your increase in patience and adaptability will again make you a kinder, less skeptical person. Because at this point, you get it. We are all human beings, do our best to get by. So just stay cool. Conflicts are going to arise, and how you choose to deal with them will determine the outcome. Alternative forms of communication Every new and unknown can seem intimidating. Especially when traveling abroad, especially if you are traveling alone. If you're something like me, you're enjoying the somewhat abrasive kind of culture shock. Everything is so alien, so incredibly different. This can make communication difficult. I literally don't speak their language. Chances are, I'm not going to be floating overnight or anywhere in the near future. But I can still ease my struggle by learning some important phrases in the language where I visit to get by in everyday life. More likely than not, I will slaughter the pronunciation. The average person will get most of what I try to say and appreciate the effort - regardless of the poor execution. Non-verbal communication will be your saving grace. You will develop the ability to convey your opinion without words. Without realizing, you can begin to mirror the behavior of those around you to establish a foundation of common ground. Only in this short time do you develop. You've picked up new manners that will channel into your existing personality and habits. This experience literally becomes part of you, changing how you think and how you behave. 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