



Muso Regains Singing Voice After Stroke with Choir Support

Description

In the 1980s and '90s, Ron Spitzer was in rock bands playing bass and drums. But a stroke in 2009 left him in a wheelchair and unable to play music. Now, he sings in a choir for stroke survivors at Mount Sinai in New York. Music can help stroke survivors by improving their ability to speak and heal their brains.

The choir at Mount Sinai offers a place for stroke survivors to connect and heal through music. Strokes can make it hard for survivors to speak, but singing can still be possible. Research is being done to understand how music affects the brain and can help with different conditions. Spitzer, now 68, credits the stroke choir for helping him recover his voice and feel invigorated.

The choir at Mount Sinai is part of a study to see how music therapy affects patients and their caregivers. The goal is to show the benefits of music therapy for stroke survivors and other patients. Music is a powerful tool for healing and connecting with others.

Vocabulary List:

1. **Stroke** /stroʊk/ (noun): A sudden loss of brain function caused by a disruption in the blood supply to the brain.
2. **Survivor** /sə'vaɪ.vər/ (noun): A person who continues to live or exist especially in spite of danger or hardship.
3. **Invigorated** /ɪn'vɪg.ə.reɪ.tɪd/ (adjective): Filled with energy or vitality.
4. **Therapy** /'θerəpi/ (noun): Treatment intended to relieve or heal a disorder.
5. **Connection** /kə'neɪkʃən/ (noun): A relationship in which a person or thing is linked or associated with something else.
6. **Research** /rɪ'sɜːrtʃ/ (noun): The systematic investigation into and study of materials and sources to establish facts and reach new conclusions.

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What is a sudden interruption in the blood supply to the brain called?

- Option: Heart attack
- Option: Stroke
- Option: Aneurysm
- Option: Hypertension



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2. What is the treatment intended to relieve or heal a disorder called?
- Option: Counseling
 - Option: Therapy
 - Option: Surgery
 - Option: Medication
3. Which term refers to the condition of being grossly overweight?
- Option: Anemia
 - Option: Obesity
 - Option: Malnutrition
 - Option: Starvation
4. What bodily reaction causes shivering and feeling cold?
- Option: Chills
 - Option: Fever
 - Option: Sweating
 - Option: Hot flashes
5. What is the fear of vomiting known as?
- Option: Emetophobia
 - Option: Agoraphobia
 - Option: Arachnophobia
 - Option: Claustrophobia
6. What unit of energy is used to measure the energy content of food?
- Option: Gallons
 - Option: Miles
 - Option: Calories
 - Option: Pounds
7. What type of treatment involves working on emotional issues with a trained professional?
- Option: Surgery
 - Option: Therapy
 - Option: Pharmacy
 - Option: Rehabilitation
8. Which term describes the feeling of worry nervousness or unease?
- Option: Peace
 - Option: Anxiety
 - Option: Joy
 - Option: Contentment

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9. What are harmful substances in the environment known as?

- Option: Nutrients
- Option: Pollutants
- Option: Antioxidants
- Option: Toxins

10. What is the blockage or accumulation of fluid in a bodily tube or duct?

- Option: Fascination
- Option: Congestion
- Option: Desolation
- Option: Contradiction

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. A person who has lived through a life-threatening event is called a _____.

12. A different form or version of something is known as a _____.

13. Choosing not to notice or acknowledge something is the act of _____.

14. The process of transferring an organ from one person to another is called a _____.

15. To discover or identify the presence of something is to _____ it.

16. A deliberate action taken to modify a situation is an _____.

17. The systematic investigation into and study of materials and sources in order to establish facts and reach new conclusions is known as _____.

18. Expelling air from the lungs with a sudden sharp sound is called _____.

19. The mental state achieved by focusing one's awareness on the present moment is termed _____.

20. The relationship or association between two or more things is known as a _____.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)



21. Indications of a particular disease or condition as experienced by a patient.
22. Individuals who take part in a particular activity or study.
23. Material with particular physical characteristics.
24. A link or relationship between two or more concepts or entities.
25. Systematic investigation and collection of information for analysis.
26. Causing weakness or impairment in someone.
27. A form or version of something that differs in some way.
28. Treatment intended to relieve or heal a disorder.
29. Harmful substances that contaminate the environment.
30. Paying attention to the present moment purposefully and without judgment.

Answer

Multiple Choice: 1. Stroke 2. Therapy 3. Obesity 4. Chills 5. Emetophobia 6. Calories 7. Therapy 8. Anxiety 9. Pollutants 10. Congestion

Gap-Fill: 11. Survivor 12. Variant 13. Ignoring 14. Transplant 15. Detect 16. Intervention 17. Research 18. Coughing 19. Mindfulness 20. Connection

Matching sentence: 1. Symptoms 2. Participants 3. Substances 4. Connection 5. Research 6. Debilitating 7. Variant 8. Therapy 9. Pollutants 10. Mindfulness

CATEGORY

1. Health - LEVEL2

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