April 2024

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The Wave #41



Riding the wave of more effective communication together

BATH, ENGLAND BY FRANK LUSSIER



I went to Bath in England with my wife, Jen, and a friend in March 2010. We had fun. We saw a lot of things. Also, we took a bus tour and saw a lot of pretty things. We visited a building where Jane Austen lived. There're many things to see; one of them was the River Avon.

We saw a Roman house built in Bath. It was spectacular. There are statues and stones. We saw a model house, the model showed what Roman houses looked like, but they're demolished.

The Abbey is a place where they worship and pray. There're many places to worship in Bath like the church.



River Avon



Bath Abbey



In Roman House

HOW THE ENVIRONMENT AFFECTS YOUR HEALTH

Earth Day is on April 22, and it puts a spotlight on the planet's health – which, doctors say, is closely tied to your own. Here are some things to know about the connection.



Pollution is not a small, faraway health issue.
The World Health Organization estimates that more than a fifth of all worldwide deaths (12.6 million deaths) a year can be attributed to environmental risks. Air pollution alone contributes to more deaths than many other illnesses combined. A recent study estimated that each year, polluted air from the burning of fossil fuels in the U.S. kills more than 300,000 people.

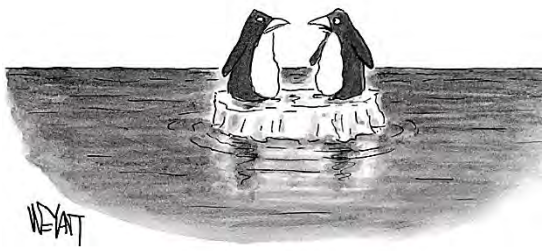
Air pollution hurts more than you may know.
It's much more than watery eyes or an obscured view of the mountains. It contributes to people dying from respiratory infections. And it has been linked to certain types of cancer and cognitive decline in older adults. It's also bad for the heart. Even short-term exposure over hours or days increases the risk of heart attack, stroke, heart failure, abnormal heartbeats, and sudden death.

Climate change is a health issue.
Climate change means higher temperatures. And higher temperatures trigger heart attacks and make strokes more severe.

Heat waves are particularly dangerous for people who have heart problems and kidney problems. There's also strong evidence that heat waves are bad for mental health and increase risks of violence and suicides. Plus, they lead to more wildfires and smoke, which can lead to spikes in heart attacks, strokes, and hospitalizations for heart failure.

There's hope, and you matter,
Be an advocate for sustainable energy sources. One person's choices can seem small, but they can have an outsized importance. Recycling or driving a less-polluting car sends a message about what we want the culture to be.

In the search for solutions to pollution and climate change, it's about what we want for our own health, the health of our families, and the health of our children.



"So, any plans for Earth Day?"

For more info, see https://www.earthday.org/earth-day-2024/.

PETS, PAST AND PRESENT BY DAVE VALIULIS

When my husband and I were buying our house in 2001, the owners mysteriously mentioned a "pet cemetery" on the property. When we took possession, we indeed found it tucked away in a corner of the yard. They had buried three cats there and memorialized them with a sleeping stone lion. We found it touching, so we have continued the tradition.



In the 23 years since then, we have loved and lost five pets.

- Percival (Persian cat)
- Hepzibah (calico cat)
- Diggery (Jack Russell Terrier)
- Pica (Cairn Terrier)
- Scruffy (rescued mix-breed dog)

Here's what the pet cemetery looks like now:



Our current dog is a Portuguese Podengo named Mija. She loves to explore around the cemetery!

SLP CORNER: RESOURCE ROUND-UP



Megan S. Sutton is a co-founder of Tactus Therapy, and she sends out 1-2 emails per month about SPL topics. For example, her last newsletter was a "Resource Round-Up." It included:

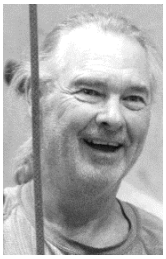
- Being There for a Person with PPA
- Aphasia Software Finder
- Navigating Online Aphasia Groups
- Supporting Emotional Recovery:
- Picking Conversation Topics
- Dysphagia and Diets in Skilled Nursing

To sign up for her newsletter, click here: https://tactus-therapy.ck.page/.

BENEFITS OF LAUGHTER



They say, "Laughter is the best medicine," and it has more truth to it than you realize. Adults only laugh about 15 times a day on average. So, it is more important than ever to incorporate laughter into your everyday routine.



Laughter therapy offers many physiological and psychological benefits, such as:

1. Burns Calories	If you laugh for 15 minutes a day, you could easily lose 10 to 40 calories. If you do it consistently, a good belly laugh every day can help you lose 4 pounds in a year!
2. Improves Mood and Relieves Stress	Laughter can be a powerful treatment for depression, a condition that affects 8.3% of the U.S. adult population (2021). For context, that's an estimated 21 million adults.
3. Reduces Pain	Studies proved that humor and laughter can effectively cause the body to produce its own painkillers (endorphins) and can even increase your tolerance for pain.
4. Helps Build Social Connections	Laughter communicates to others that we share similar worldviews, momentarily boosting our sense of connection. Being able to laugh, even during tough times, can also bring you and your spouse closer together so be sure to look for joy everywhere.
5. Improves Heart Health	Laughter can increase the heart rate, causing you to inhale deeply and catch your breath. Deep breathing improves your lung function and capacity while stimulating the circulation of oxygenated blood throughout your body.
6. Strengthens Immune System	Humor and laughter can significantly increase immune function by stimulating the production of antibodies, improving your resistance to diseases. And by increasing your immune function, it can also protect you from the damaging effects of stress.

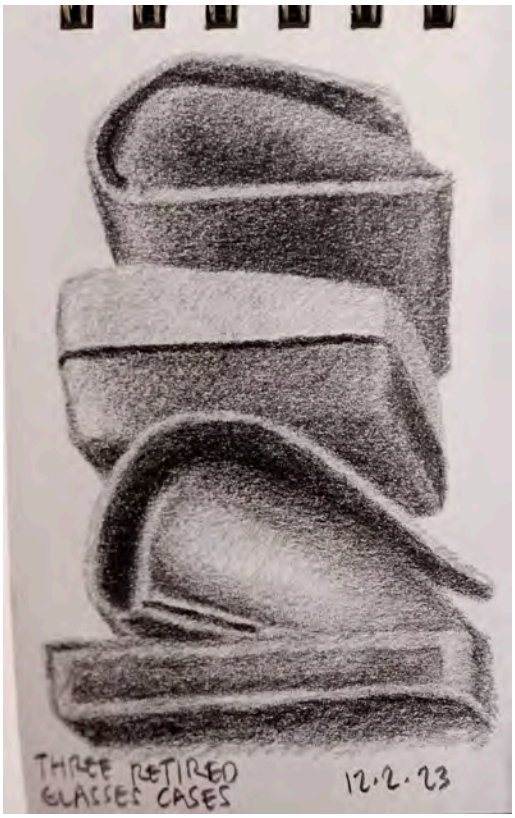
Adapted from: https://magazine.rehab-hq.com/health-news/why-you-should-laugh-your-way-to-health/

FYI: You can always read previous issues of *The Wave* by going online to the Speech-Language Clinic page of the CSUSM website: http://www.csusm.edu/slp/clinic/thewave.html

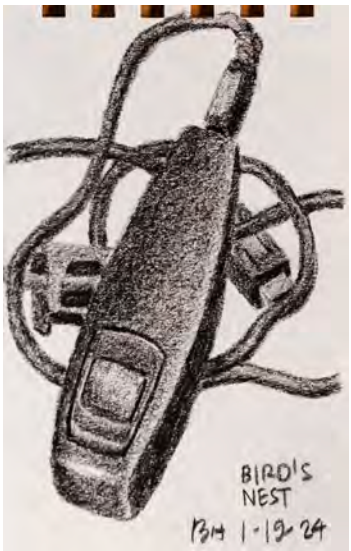
COLLECT THE SMALL THINGS BY BRUCE HEIMBACH

I have a drawing hobby. In the winter or a rainy day when I'm trying to find something – to draw it – I will pick up an object and place it on a table or my desk. When I put the object on the surface, probably at 90° degrees (an angle) to the window, the angle of the light will show natural light demonstrating a strong sense of shape. Then, I have to "transfer it," in my mind, in a drawing. First, I will use a hard pencil to do a faint outline and some details. Next, I use softer pencils to blend (lights and darks) to give it shape.

Drawing and aphasia are alike – using practice, practice and… more practice.











CATCHING WAVES BY NORM BISHOP

I always loved surfing with my 2 sons. They are great at surfing.



These are photos of me adaptive surfing with "Life Rolls On." (https://liferollson.org/)



Pro tips:

- Don't surf after it rains because of the runoff. It can make you sick.
- The wind needs to be calm or offshore.
- The tide has to be the right height.
- You need to always surf with your best friend.

HOW MY ART HAS HELPED WITH MY PTSD AND ANXIETY BY ALEXANDER SHILVOCK

I draw to help aid in my extreme cases of PTSD and anxiety. I have been drawing steadily since about 2015; however, I was involved in a serious car accident in March of last year and drawing has really helped me during the tougher times of recovery.

It helps by distracting my brain from thinking about my accident; as well as helping calm me while dealing with extreme anxiety. It almost acts like a grounding mechanism and lets me know that I am safe when my body does not think so. In a way, drawing puts me in a zone that no one can disturb.

I have been drawing in this sort of style for about seven years and I dub it "geometric abstraction." I hope you enjoy!

