April 2025

California State University
SAN MARCOS

CSUSM Speech-Language Clinic
Extended Learning Building
288 Campus Way, 3rd Floor, Suite 331
San Marcos, CA 92078
760 .750.7300

The Wave #45



Riding the wave of more effective communication together

A COLLECTION OF SHORT STORIES CREATED BY THE ONLINE AM GROUP

The Lost Sapphire By Frank R. and Olivia
One day, Fireman Frank walked through a door and found himself in a forest in the mountains. He found two talking forest animals named Talisa and Sarah. They sent Frank on a mission to find a sapphire for Queen Olivia. They lead him through the burning Forest, and he makes it out of the forest and returns the sapphire to Queen Olivia.





The Flying Garden By Jim O., Lorraine, Jessica
One day, while walking, Georgie and Susan notice a strange door standing by itself. There is no building, just the door. A note on it says, “Open me,” and their adventure begins. They walk through the door and find some magic food in the Magic Garden Park in the city of San Francisco. They tasted it and liked it. When they ate it, they could FLY! They didn’t know what to do with the food, so they got their teacher, Mr. Rice. Mr. Rice also ate the food and started flying. The teacher says they should take it to a desert island, where he knows people are hungry. The people are happy because they get the food, and they can FLY!

THREE MAD-LIBS STORIES BY THE MORNING ONLINE THERAPY GROUP



Today, I visited my friend, George. They were sitting on their iPads and looking very sweet. I asked if they had seen their knee, and they said it was lost in Ireland. So, we searched and found it under the thumb! It was very cuddly! To celebrate, we ate chocolate and drank apple juice. Then, we decided to play a game where we had to walk like a dog! It was the silliest game ever! By the end of the day, we were both feeling clean and laughing about how silly Wendy could get so lost!



Pizza was invented by a grubby American chef named George. To make a pizza, you need to take a lump of food and make a thin, round fresh box. Then, you cover it with jumpy sauce, tired cheese, and fresh chopped lids. Next, you have to bake it in a very hot jacket. When it is done, cut it into six circles. Some kids like juice pizza the best, but my favorite is the gum pizza. If I could, I would eat pizza five times a day!

The Wacky Adventure

One day, I woke up and saw an attractive dog sitting on my nose! It was jumping and wearing a jacket. I decided to go outside, but instead of my car, there was an adorable car waiting for me! I hopped in and zoomed to Carlsbad. There, I met a funny Frank Sinatra who gave me a fish standing on its head as a gift. What a yucky day! I can't wait for my next adventure!





I have a pet named William. It is a dog and very hungry. Every morning, it makes a loud, nose-blowing sound to wake me up. For breakfast, it eats oranges. Then it tries to trip on my smile! One day, it ran into a small horse in the backyard. They jumped together and looked very pretty. Later, I found George on top of the eyeball, hiding under a restaurant. It had just jumped with my shoe! When I asked, "Why did you do that?" my pet said, "I have to run under the sheets!" I love my silly pet!

STRONGER EVERY STEP: WALKING FOR #TEAMDAVIDVOUGHT

BASED ON DAVID VOUGHT AND DEBBIE VOUGHT'S REFLECTIONS



On March 22, 2025, my family and I participated in the Survive HeadStrong Walk. This annual event raises funds for the San Diego Brain Injury Foundation, an organization that has played a major role in supporting my recovery after my brain injury on December 5, 2023. The walk takes place each year around San Diego's beautiful Mission Bay.



This was my second time participating. Last year, I was just four months into recovery and needed a wheelchair to complete the walk. This year, thanks to the incredible support from the San Diego Brain Injury Foundation, my family, the professionals who have helped me along the way, and my continued commitment to therapy, I walked on my own—no wheelchair needed.

This year felt different in the best way. I spent time looking out for others who, like me last year, were early in their recovery journeys. I wanted to make sure everyone felt supported and had someone walking beside them. Helping others the way I was helped makes me feel proud and grateful.

I was happy to be there. I ran into so many professionals who had worked with me, as well as friends I'd made throughout my journey. They were amazed by how far I've come and how much stronger I've become—both physically and mentally.

I showed up to the walk with Shelby, Debbie, Damien, and Renee. But being there reminded me and my family that we're part of something even bigger—a whole community that's walked this path with us. The event gave me and my family a chance to reflect on my progress and strength. I've worked hard in therapy, and I'm not stopping now. Why do anything different?





Check out the *San Diego Brain Injury Foundation* for more information: https://sdbif.org/

Picture Description: David's strength on full display—walking the final steps of the SurviveHeadStrong Walk in 2024 (4-months post-accident)

THE ONGOING SEARCH FOR BIRDS BY: FRANK LUSSIER

The Red-Tailed Hawk is a spectacular bird. They live in every corner of the United States. I think if I had wings, I would like to play around too and hunt for food.

There are 87 birds so far that I know. There are willets in Carlsbad State Beach. I saw a royal tern in Oceanside Harbor. Lake San Marcos is a town that has trumpet swans and black swans. Chickadees are found in Vista, and tree swallows are found at CSUSM.









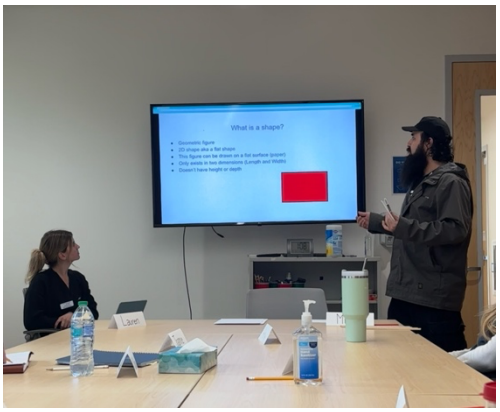


MATH LESSON: FINDING PERIMETER BY: MIGUEL MONDRAGON

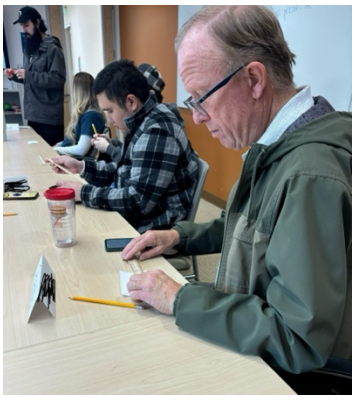
Hey, fellow Cougars, it's me, Miguel Mondragon. As a previous CSUSM alumni, it is an honor to be enrolled in SLC for my post-traumatic brain injury. Throughout my brain injury journey, I have enrolled in inpatient and outpatient rehab programs. At Sharp, I worked with numbers such as keeping track of inventory, counting the money for the snack bar, and separating by denominations. When tasked with assembling a chair, I used my math skills to measure the pieces' length and height. I was given a math worksheet and a calculator to solve and check my work. I only used the calculator to check my work, so I solved the problem the old-fashioned way. I didn't want to use a shortcut and wanted to exercise my brain.

As previously mentioned, math was reintroduced in my outpatient therapy at Sharp. Which is why I want to pursue a second degree in mathematics. It is through this language that I hope to guide and encourage future mathematicians of all ages. Earlier this month, I was given a task to present a short math class during a group session. The goal was to teach how to find the perimeter of a figure. The goal was not only to present and walk the class through a math problem but also to get a feel for a real-world classroom environment. I was able to answer questions and guide group members on the steps to solve the problem. Through PowerPoint slides and writing on the whiteboard step by step. I was able to demonstrate multiple ways to solve the problem. By walking around and engaging with each group member, I was able to quickly notice if they were struggling and if I needed to walk them through it and address the problem. I ended off the lesson by showing them a real-world example that can be applied to finding the perimeter of their own property by figuring out how many feet of fencing material would be needed. Walking each student through the problem and then having them correctly solve the problem was inspiring. I am excited to see where this journey takes me.









THE BENEFITS OF GROUP THERAPY:

THOUGHTS FROM THE IN-PERSON AM LANGUAGE THERAPY GROUP MEMBERS

Gerry O.: "I like coming to group because I can practice communicating. My family and grandkids understand me better."

Rich V.: "Sharing with the group is easier than sharing with others that have not had a stroke."

Frank L.: "The group has fun with games. This helps me with my confidence when speaking. We have fun and develop rapport with the group."

Bruce H.: "Coming to group therapy feels like fresh air. After a stroke or brain injury it is hard to understand other people. It is a big leap of faith to come to speech therapy and be open to learning and embrace it. In group, all members are offering -- the only type of ***real medicine*** for aphasia."

Ron S.: "The shared experiences help me with the aphasia."

Tania G. D.: "Group sessions are fun and we play games, during these games I challenge myself."

Kelli N.: "I love all the people in the group and my individual Sophie."

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