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The Wave #32



Riding the wave of more effective communication together

TALKING ABOUT JEN BY FRANK LUSSIER

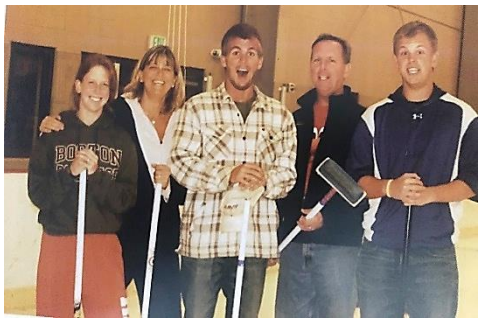


She is a good, kind woman. She is a good woman who cares about me; and I need that in the best way. She is my wife.

We have been married for about 18 years. She lived in Cincinnati, Ohio. She likes Soul and rock music. She likes to lay around and relax.

Jen is good for learning things about everyone and me. She is always there when I need to go to the store, doctors, or dinner. She likes to watch the Olympics and we watch them together. Also, I love photography and she sometimes goes an with me. She is also a good cook. She has good recipes in the cookbook.

CURLING FOR NON-OLYMPIANS BY STEVE RAHE



We went curling for my 50th birthday. We were living in Denver at the time. We went to a local ice arena. We took lessons first, because otherwise we would have no idea how to curl.

The equipment involved is:

- 42-pound stone
- Brooms
- Shoes — one that is slippery and one that is abrasive. (This is so you can push off with one and slide with the other.)

The goal is to get the stone to the other end of the arena in a circle marked on the ice to score points. It is very similar to shuffleboard. When you watch it on the Olympics, it looks easy; but it is not. It is very difficult, but super fun.

SUNSET CANOEING BY JANE DEMARCO



One activity that I like to do in Oceanside is canoeing. Canoeing is where you get six people, and you canoe out in the ocean. You can go 10 miles and see dolphins and sea lions by the buoys. Although I like canoeing in Oceanside, my favorite place to canoe is Hawaii.

When you are canoeing your arms are getting stronger, so it is a good workout. I like to go canoeing at night for about 2 hours, it is so pretty to watch the sunset and stars.

After canoeing we go eat and get drinks at Tony's Sports Bar. Tony's is a fun place to go if you live locally. I recommend it.

MY TENNIS JOURNEY BY OPPY



I started playing tennis when I was 6 years old. My dad bought me my first tennis racket; it was wooden. I wanted to play football, but I was too skinny to play. (I didn't get to 130 pounds until I was a senior in high school.)

I went on to play tennis at a junior college and then at Cal Poly Pomona. There were a lot of students, but I made the cut on the 12-man squad. I even made the starting 6!

Just before my 30th birthday, I split my radial artery and radial nerve on a shower door, this restricted me from playing tennis for 10 years. I was able to play racquetball at that time though.

Once I recovered, I started playing tennis again. I would play in group tennis in the North County Doubles League. Currently, I still play tennis a little bit, but I have to use both hands.



FIVE MONTHS IN ASIA BY KEVIN LIU

My name is Kevin Liu. In 2019 my family and I took a 5-month trip to Asia. We focused on China, Japan, and South Korea, primarily because our son, Ethan, had studied the languages of each of those countries. Our agreement with him was that we'd take him if he acted as interpreter and guide, so we could dive deeply into the cultures of each country, staying amongst the locals, and learning about daily life in each locale.

We first visited **China**, including Hong Kong, Guilin, Xian, Beijing, and Shanghai. We enjoyed China, the vast differences between cities and regions (and cuisines), the history, and, in particular, the cultural differences between its citizens and us, as 5th- and 6th-generation Chinese-Americans.

We then visited **Japan**, landing in Hiroshima, and then on to Osaka, Kyoto, and Tokyo. Life in Japan is a study in contrasts, the dichotomy of each city set off by the many temples and shrines throughout the country. Interestingly, we most resonated with Japanese culture.

Finally, we visited **South Korea**, where we first landed in Seoul and then finished our trip on Jeju Island. We enjoyed South Korea—the food, the people, the contrast.

Overall, our five months in Asia led us to a change in perspective—about who we are in the world, what we need (and don't) to be happy, and even how we shop, cook, and eat. I highly recommend spending time with locals if you plan on traveling to foreign destinations—it truly opens one's eyes to differences and commonalities across cultures and peoples.



The Great Wall is difficult to navigate



The neighborhood we stayed in in Shanghai



Juxtaposition of old and new in Tokyo

TRIP TO ALASKA BY BRIDGETT DESONIA



Alaska is stunning! In September 2018, me, my husband, and my family were taking a trip to Alaska. We were on the plane flying out of Seattle and we saw a magnificent sight with trees, water, and mountains for miles. The nature was impressive in Alaska. There were hills, pine trees, and a river with salmon in it. The eagles were resting on nests. Up the river, grizzly bears were fishing for salmon. Wow!

One day, we went to the animal sanctuary. It was excellent! We saw deer, bears, wolves, stoats, wolverines, and so much more. Halfway into the trip, we went on a boat and we were supposed to catch the crabs. Two crabs later, we were tuckered out. But the view was amazing.





We went out to the north, way up in Canada. My father-in-law's wallet was left way back in the trunk of the car. My husband stopped the car. My father-in-law got out of the car and was walking right before the US border. The border agents were not impressed! The border agent, a woman, was yelling and taking out her gun. We were fine. We left for Canada.

The end of the trip, we went hiking. The view was great. Miles and miles of scenic beauty. It was a breathtaking trip and I'm going back in September 2022!

MY LIFE BY LAMONT WILLIAMS



My kids and my mom are my best friends. I have four kids. There are three girls and one boy. They are all good cooks. I didn't meet my son until he was 20 years old. He is just like me, but young. Also, I have one grandkid, who is 3 years old.

During the week, I work out Monday through Friday. I love it. I used to hate it. Since the pandemic, I started to work out more. Working out helps with stress and more. I sleep well every night.

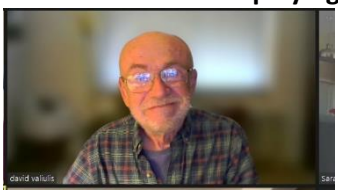
THERAPY RECOMMENDATIONS BY CARL, DAVE, BRIDGETT, STEVE, & JIM



One of the groups on Zoom this semester is made up by Carl, Dave, Bridgett, Steve, and Jim and is led by Bridney and Sarah. We were talking about fun things we do to further our therapy that others might enjoy.

These are our recommendations.

Dave recommends **playing cards**



Dave plays bridge with another stroke survivor twice a week at the Bridge Club of North County (http://bridgeclubofnorthcounty.org/). It affords lots of brain activity and social time without much talking! Interested with learning bridge? Check out this: link: http://bridgeclubofnorthcounty.org/index.php?page=learning



Steve recommends **online brain games**



There are lots of games to help your memory and cognition abilities. Steve likes the well-known Lumosity (https://www.lumosity.com/). But he also suggests the less-known Freerice, which is a trivia game that helps you get smarter while making a difference for people around the world. Every question you answer correctly raises 10 grains of rice for the World Food Program. https://freerice.com/



Jim recommends **aqua aerobics**

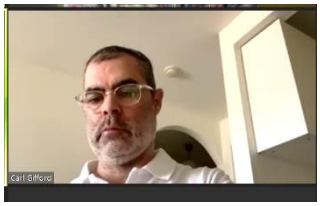


Aqua Aerobics is a fun go-at-your-own-pace workout. Jim enjoys aqua aerobics 3 times a week at his complex's pool.

You might want to join the fun at the Las Posas Pool in San Marcos. You can register at https://www.san-marcos.net/register .



Carl recommends **horseback riding**

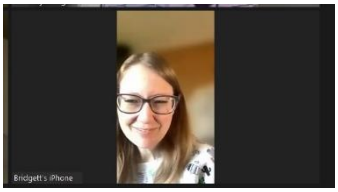


Carl gets a lot out of his time at the J.F. Shea Therapeutic Riding Center in Mission Viejo (https://www.sheacenter.org/). Closer to home is the REINS program in Fallbrook (https://reinsprogram.org/).

Both programs are dedicated to improving the lives of children and adults through equine-assisted activities.



Bridgett recommends **taking a class through Zoom**



For example, Bridgett likes the painting class from the San Diego Brain Injury Foundation. (SDBIF online network was created for brain injury survivors, family members, and professionals to share information and stay connected.) Register at https://san-diego-brain-injury-foundation.mn.co/.



DRAWING WITH STILL LIFE BY BRUCE HEIMBACH

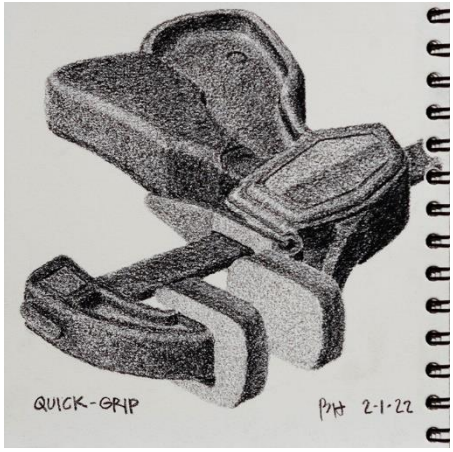
After about a year with my stroke, I was only focused on Speech Therapy and making improvements. During that time, I picked up other types of therapies. One type of therapy that requires using your hands is drawing. I like to draw something as 'still life' – I collect ordinary things in my house (e.g., tools, glassware, vases, or flowers).

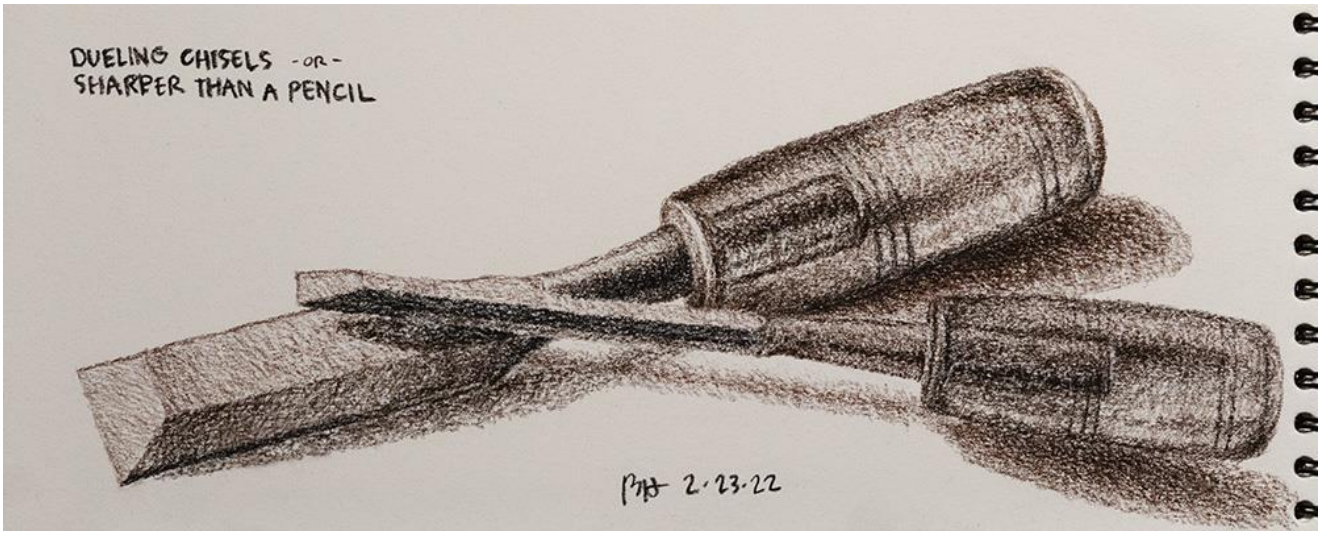
I am "relearning" to refine my drawings. Before I began, I had to select many types of pencils, pastels, and paper (the 3 P's – ha ha). I prefer Wolff's carbon and sepia pencils over graphite pencils with a 'silvery' look.

Just like drawing, to communicate with words requires handiwork, dexterity, the 'craft' and a little bit of finesse. I'm continuously using my craft when I practice, practice, and practice.









THINGS WE LIKE TO DO POST-INCIDENT BY TIM, RANDY, & HEATHER

Many of us here at the SLC are here to better our language and communication skills post-incident. These incidents also may have changed our lives in other ways, preventing us from doing other activities that we were once able to do. But that does not mean that we cannot still have fun!

Here are some things that we like to do post-incident that you can enjoy too!

- Spending time with the family
- Watching television
    - Science shows
    - Sports like football, golf, baseball, rodeo
    - Improvement shows
    - Cooking shows
    - Hunting shows
    - History shows like "The Curse of Oak Island"
    - True Crime like "20/20" and "Dateline"
    - Mystery, Drama
- Reading
- Puzzles (Randy)
- Being outdoors and enjoying the scenery
    - Fresh air and walking
- Window shopping
- Playing sports like Disc Golf
- Drawing (Heather)













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

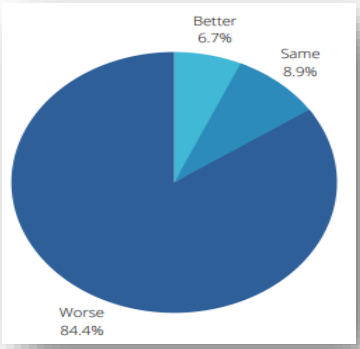
SLP CORNER: APHASIA ISOLATION

The National Aphasia Association asked people with aphasia how their relationships have changed post-diagnosis.

84.4% believe their relationships have gotten worse, while only 6.7% thought their relationships were better after aphasia.

You can download their PDF and think about how your client's answers measure up against the community.

Also, a new article highlights how common post-stroke depression can be, especially with aphasia. Read "Helping Those Who Can't Ask for Help."



25 SLP STRATEGIES

Self Talk Talk aloud about what you're doing	**Parallel Talk** Talk aloud about what your client is doing	**Repetition** Repeat words over and over	**Increase Opportunities** Target the same word all day	**Simplify** Use short phrases and sentences
Add 1 Word Uses 1 more word than your clinic is using	**Model** Tell them what you want them to say	**Imitation** Teach them to copy you	**Visuals** Show objects or pictures when talking	**Sign Language** Teach sign language or gestures
1 at a Time Give only 1 so they ask for more	**Give 2 Choices** Do you want ____ or ____?	**Sabotage** Set it up so they need your help	**Out of Reach** Let them ask for what they want	**Be Forgetful** Let them ask for what they need
Be Silly Get attention with unexpected actions	**Follow Their Lead** Talk about their interests	**That's New!** Explore something new	**Verbal Routines** Use the same words in daily routines	**Sing** Teach language using songs
Wait Pause and give time to respond	**Make Comments** More statements than questions	**Open-ended Questions** Use *Wh* instead of yes/no questions	**Pacing Boards** Tap or clap to add more words	**Say It Back** Repeat back with stress on the correct word