November 2020

California State University
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The Wave



Riding the wave of more effective communication together

GRANDKIDS AND HALLOWEEN BY PAUL VANDER PLOEG

Our grandkids: Colleen is 7, Marlee is 6, Morrison is 5, and Maxwell is 7 months.

What they enjoy doing/what they are up to right now:

- Puzzles, they go to school right now, and are all learning to read, write, and do math.
- They enjoy painting or drawing with colored pencils.
- They love to run up the hill behind our house–it is about 100 yards high. There is also a trail that they like to run along.



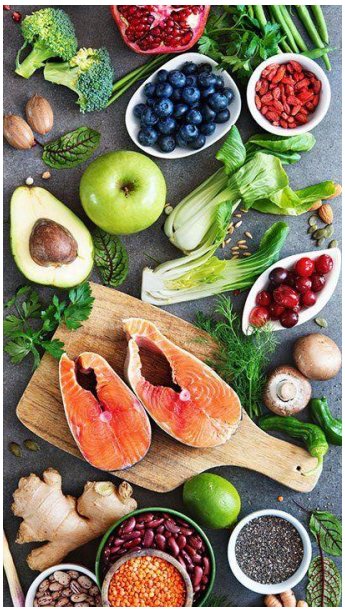
Halloween weekend:
The grandkids love changing and dressing up, even when it is not Halloween. It is fun to see them get bigger each year and dress up on Halloween.



The girls were in pretty dresses and Morrison was a cowboy. My youngest grandson, Maxwell, who is only 7 months old, got to ride along in the stroller to trick-or-treat. Morrison, my older grandson gave me a Snickers bar that he got while trick-or-treating.

The day after Halloween, we went to church in Oceanside for Maxwell's baptism. We went back to their house to celebrate; the grandmas were all there too.

GOOD EATS FOR STROKE SURVIVORS BY DAVE VALIULIS



With the many holidays coming up, now is the time to start thinking of our diets. This is true for anyone but is especially true for stroke survivors.

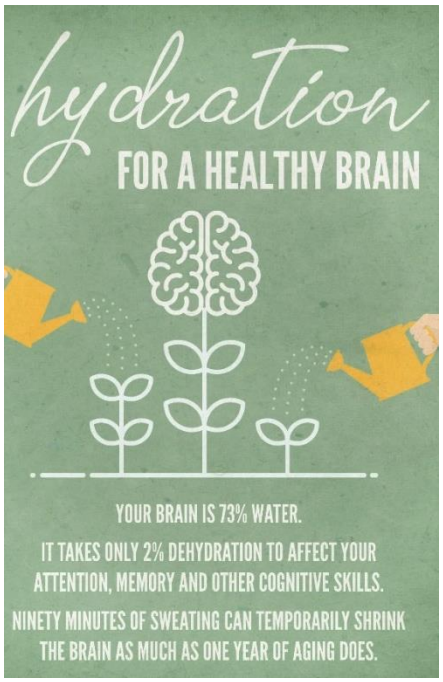
Here are some heathy tidbits you can chew on:

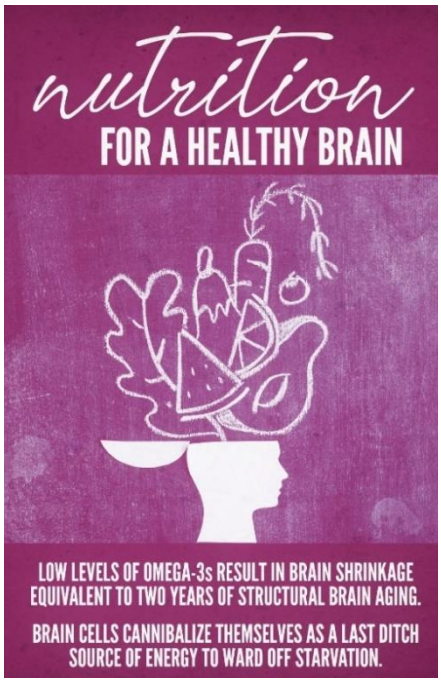
- Drinking one cup of **coffee** a day can decrease stroke risk by up to 20%.
- People who eat a "Mediterranean" diet rich in **nuts** or extra virgin **olive oil** have 30% fewer heart attacks, strokes, or deaths from cardiovascular disease.
- Drinking can make you less likely to have a stroke. Studies have shown that if you have one drink of **wine** per day, your risk may be lower. (But once you start drinking more than two drinks per day, your risk goes up very sharply.)
- People who eat **chocolate** – up to two standard candy bars a day – are 11% less likely than those who eat little to no chocolate to have heart attacks and strokes, and 25% less likely to die of cardiovascular disease.
- Eat more fish instead of red meat. Fatty fish like **salmon** contain omega 3, which is essential for brain's neuroplasticity (the mechanism used to recover after an injury such as a stroke).

What to Avoid:



Saturated fat and sugar should be limited during stroke recovery because they reduce your brain's ability to grow new brain cells, which is the opposite of your stroke recovery goals. Plus, saturated fat and sugar promote weight gain, which is a stroke risk factor.





MY MOTORBIKING PAST BY DAVE BEAN



In the past, I rode dirt bikes and dual sport bikes, which you can ride in the dirt and the street. I rode quite a bit.

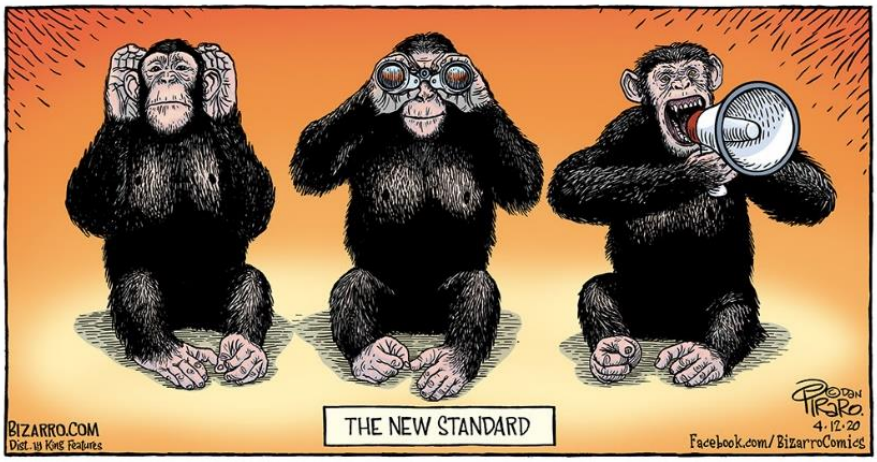
I got my permit at 15 years old and still have a 200 XL Yamaha in the garage. I've had all types of bikes – there are too many to list. I've had everything from the Honda 250 to the Honda 500. The Honda 250 was pretty nice, but the Honda 500 was my favorite model because it was a good riding bike for me – it was a good quality bike, although it may have not been the best for others.

Here I am riding Sea-Doos at Lake Shasta last summer, on a family vacation.

I would ride to work, maybe half of the year. I would ride through San Diego County and the East Imperial desert. I would ride with everybody, including people I ran into. Sometimes I would ride with them once or more. I taught my family how to ride, including my wife, daughter, and son; my son has 3 bikes in his garage and will be riding in the desert on his KTM 250. I would take my family to the desert and we would ride for days.

I have so many memories, but my favorite riding memory was when my wife and I had to ride from Salton Sea back to the Wells, which is on the edge of the San Diego County line (Imperial County). From there, we met everybody including friends at work who biked and took our time deciding if we should stay or leave because we weren't prepared to the stay the night - but we did.

Now, I have to take different actions and find out how I can ride without falling. I might purchase a quad, that way I can ride again.



JOHN'S HOUSE RENOVATION BY JOHN KLEIN



Three weeks ago, our daughters Steph and Jackie and Steph's boyfriend Brad came down to our house for two nights. Saturday morning, Brad and I worked away on two of our bedrooms and a bathroom. Jackie, Steph, and Michelle watched and helped clean up the mess.

We worked from 8:00 in the morning until 5:00 in the afternoon doing demolition work on the walls and ceiling. It's tough and dirty and dusty. Brad used his Sawzall to rip up the walls and ceiling. We removed the electrical outlets, lights, switches, and wires. It's hard and we worked away, and Brad and I were dusty, sweaty, and dirty.



And then all the walls and ceiling were ripped up, and I made 30-40 trips carrying the wood and drywall down to the garage. Jackie and Steph picked up the debris and then we were finished.

We all cleaned up and then our daughter Genna and her boyfriend Tim joined us to go out for dinner at Gregorio's in Carlsbad. The seven of us had dinner honoring Jackie's birthday!

THIS YEAR, SMASH (NOT MASH) POTATOES

These potatoes are incredibly tender on the inside yet amazingly crisp on the outside – the perfect side dish to Thanksgiving meal.



Ingredients

- 24 ounces yellow baby potatoes
- 2 tablespoons olive oil
- 3 cloves garlic, pressed
- 1 tablespoon fresh thyme leaves
- Kosher salt and freshly ground black pepper, to taste

Directions

1. Preheat oven to 450 degrees F. Lightly oil a baking sheet or coat with nonstick spray.
2. In a large pot of boiling water, cook potatoes until tender, about 15-20 minutes. Drain well.
3. Place potatoes onto the prepared baking sheet. Using a potato masher or fork, smash the potatoes until flattened but still in one piece. Top with olive oil, garlic, and thyme.
4. Place into oven and bake for 18-20 minutes, or until golden brown and crisp. Serve immediately.

MONTHLY WALKABOUT BY BRUCE HEIMBACH

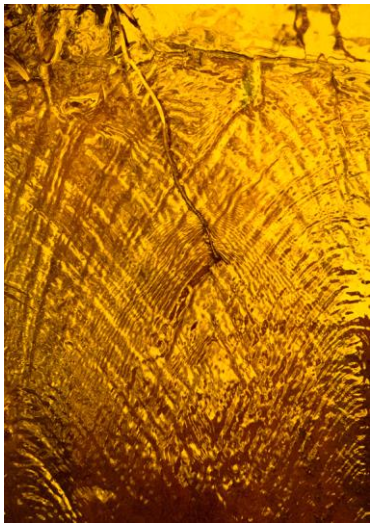
The 'Common Cold'

Our pandemic started last March and everything was closed. I wanted more open spaces and fresh air and fewer people. So, I tried to find more special places, weather, and light, and brought my camera. Duh.

The pandemic affected everyone differently. I had to adapt myself, anyway; this was a small change for me. More solitude and solace for me. Repeat the mantra – 'Enjoy life visually, not verbally.'



March Storm is Coming



April Gold River



May Ramona Grasslands and a Pond



June Bubble Catcher



July Downtown Firehouse



August Cabrillo Lighthouse



September Smoke Haze



October Torrey Pines Broken Hill

SAFE THANKSGIVING ACTIVITIES FROM THE CDC



Thanksgiving is a time when many families travel long distances to celebrate together. Travel increases the chance of getting and spreading the virus that causes COVID-19. Staying home is the best way to protect yourself and others. If you must travel, be informed of the risks.



No-risk activities:

- Having a *virtual dinner* and sharing recipes with friends and family
- Shopping online rather than in person on the day after Thanksgiving or the next Monday
- Watching sports events, parades, and movies from home

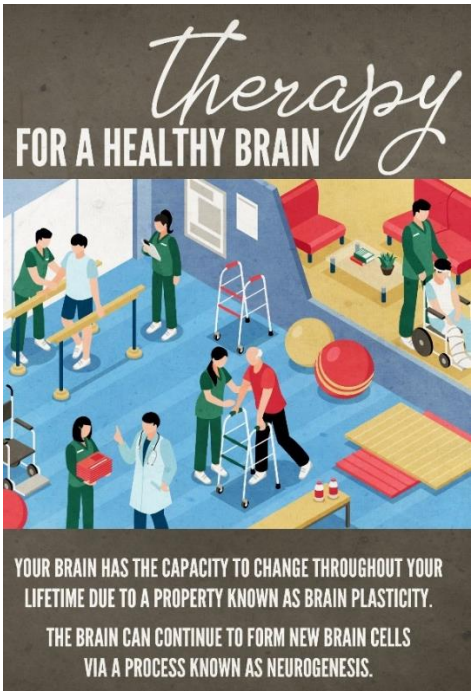
Low-risk activities:

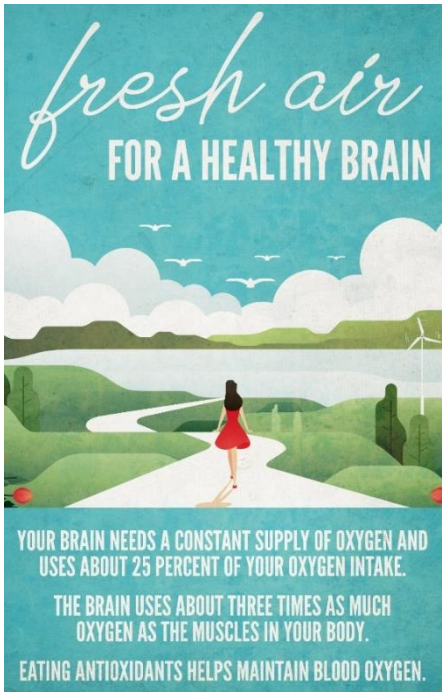
- Having a small dinner with *only* people who live in your household
- Preparing traditional family recipes for family and neighbors and delivering them in a way that doesn't involve close contact with others



Moderate-risk activities:

- Having a *small outdoor dinner* with family and friends
- Visiting pumpkin patches or orchards where people use hand sanitizer before touching pumpkins or picking apples, wearing masks is enforced, and people can maintain social distancing
- Attending a small outdoor sports events with safety precautions in place





APHASIA AND APRAXIA COMPARED

what is APRAXIA OF SPEECH?

Apraxia of speech is a motor speech disorder. The messages from the brain to the mouth are disrupted, and the person cannot move his or her lips or tongue to the right place to say sounds correctly, even though the muscles are not weak. The severity of apraxia depends on the nature of the brain damage. Apraxia can occur in conjunction with dysarthria (muscle weakness affecting speech production) or aphasia (language difficulties related to neurological damage).

Signs/Symptoms

- Difficulty imitating and producing speech sounds, marked by speech errors such as sound distortions, substitutions, and/or omissions
- Inconsistent speech errors
- Groping of the tongue and lips to make specific sounds and words
- Slow speech rate

what is APHASIA?

Aphasia is a communication disorder that results from damage to parts of the brain that contain language (typically in the left half of the brain). Individuals who experience damage to the right side of the brain may have additional difficulties beyond speech and language issues. Aphasia may causes difficulties in speaking, listening, reading, and writing, but does not affect intelligence. Individuals with aphasia may also have other problems, such as dysarthria, apraxia, or swallowing problems.

Signs/Symptoms

- **Difficulty producing language:**
  - Experience difficulty coming up with the words they want to say
  - Substitute the intended word with another word that may be related in meaning to the target (e.g., "chicken" for "fish") or unrelated (e.g., "radio" for "ball")
  - Switch sounds within words (e.g., "wish dasher" for "dishwasher")





RECOGNIZING YOUR SPEECH BY DAVE VALIULIS

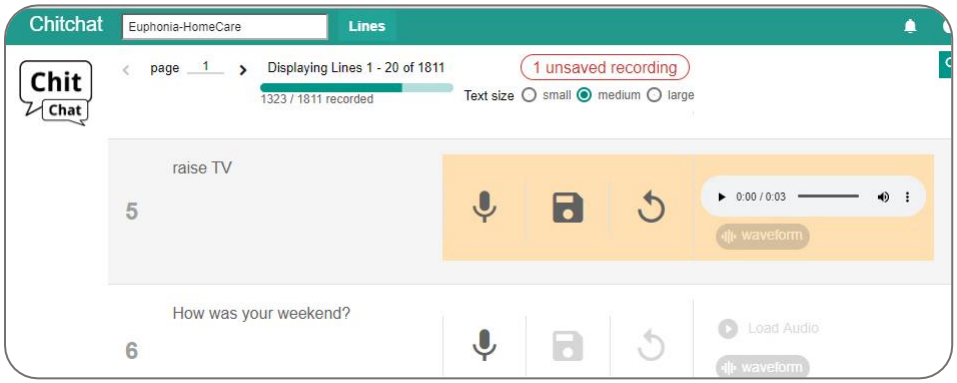


Does Amazon's Alexa have a hard time understanding you? Or Siri? Or Google Assistant, etc.? Voice interfaces are more common than ever, but they're not very accessible for people like me or anyone who has impaired or imperfect speech.

Though speech recognition programs have heard millions of examples of phrases from people whose voices sound "typical," the programs have not heard nearly as many examples from people with impaired speech. If you have a voice that may be considered difficult to understand (but not because of an accent), you can help Google by recording a set of phrases (you are paid with a gift card).

Enter Google's Project Euphonia. It aims is to improve Google's products and services to better understand people with impaired or atypical speech.

If you're interesting in submitting your voice or for more info, see: https://sites.research.google/euphonia/about/.



← You submit your voice by reading aloud short phases (like "raise TV") in this website.



Not understanding Chicken Little

GREAT PLATES PROGRAMS

Stay home! Eat well! The Great Plates Programs help to keep older adults and those with disabilities or health conditions safe during the COVID-19 pandemic. Enjoy tasty, home-delivered meals and support local restaurants by joining one of these **free** programs.





Program Overview

- Serves older adults 65+ and those 60-64 with certain health conditions
- Provides 3 meals per day
- Initiated by Governor Newsom, and supported by FEMA, state, and local funds.

- Serves adults of all ages (18+) with health conditions or disabilities
- Provides one hearty meal per day
- Initiated by the San Diego County Board of Supervisors and supported by local allocation of CARES Act funds.

What are the eligibility requirements?

- Following federal requirements, these temporary programs are open to older adults and adults of all ages who have an underlying health condition or disability that makes it difficult to prepare or obtain food.
- These programs are intended to fill a gap and serve those who are not eligible for federally funded programs, such as CalFresh (income must be between $24,981-$74,940 for a single household and $33,821-$101,460 for a two-person household).

Where can I learn more and apply?

Visit www.aging.sandiegocounty.gov **OR** call Aging & Independence Services at (800) 339-4661 and select option 7 during regular business hours.

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