November 2024

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 #43



Riding the wave of more effective communication together

TWO UNUSUAL HOLIDAY STORIES BY THE ONLINE THERAPY GROUP

1. How the Grinch Stole Thanksgiving



One day before Thanksgiving, my friends and I were shopping for Thanksgiving at Albertsons. A storm started coming and the lights went out. They called San Diego Gas and Electric to see what the problem was. The Grinch went to the grocery store, and he put all the food in the grocery store in his cart. The Grinch forgot his wallet and credit card to pay for the merchandise. So the Grinch walked out the door with a cart full of groceries. Then on Thanksgiving Day, the friends were not eating a meal, but they were laughing.

2. A Boozy, Caffeinated Christmas



Once upon a time, Higgins the elf was very eager to begin making gifts to give away on Christmas. Higgins was busy in the North Pole. On Christmas Eve, he was working to make Christmas gifts for everyone in the town. The pressure was so great to make all the gifts, he started drinking eggnog to excess. Eventually, he wanted to finish faster, so he turned to espresso. The espresso gave him good ideas on how to finish all his gifts. So Higgins ends up giving everyone coffee makers. Everyone lived happily ever after and were jazzed from the espresso.



TRICK OR SPEECH

This Halloween, the clinic won the annual inter-departmental Spirit on Halloween decorating contest. The front door was certainly very cool, but the digital anatomy table was the biggest hit.



The clinic's front door welcomes you!



Adrienne Shah, Kelly Le Roux, and a digitized cadaver



Bragging rights

FYI: The $90,000 *Anatomage Table* is a state-of-the-art platform offering digitized human cadavers for medical education and training. The bodies are built from frozen cadaveric slices, segmented from real human bodies donated for research. These slices underwent an intensive reconstruction process to re-create the cadaver's pre-mortem form in a 3D digital format.



"What are you doing for Thanksgiving?"

PET PAINTINGS BY BRIDGETT DESONIA





A year and a half ago, my friend asked if I could paint her dog. I asked if she had any photos of her Labrador, and when she said yes, I got started right away! I was both nervous and excited to do a great job for her. Before my stroke, I could paint gorgeously with my right hand, but afterward, I lost use of that arm due to hemiparesis. Using my left hand was a challenge, but with patience and hard work, I adapted. When I was done, my friend was so impressed by my work. This experience helped me realize I could turn my passion into a small business, combining art with resilience.

Since then, I painted 30 pets including poodles, labs, golden retrievers, mastiffs, Maltese, huskies, German shepherds, all kinds of mutts, all kinds of cats, and even a cute little bunny. I've also painted pets for my family—my sister, aunt, gram, and even my own. My background is starry night skies, as if the pets are looking up at the heavens. Half the pets have passed away so when the client unwrapped their painting, I take extra care to capture each one's details accurately, knowing how much these portraits mean to their owners.

I have some examples for you to see my work. I'd love to create a portrait of your pet too! Feel free to email me at bridgettdesonia@gmail.com if you're interested.



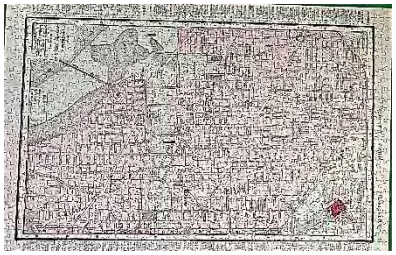




PUZZLES ARE FUN BY FRANK LUSSIER



I like jigsaw puzzles and the joy of seeing them. I like the feeling of accomplishing puzzles. I have a puzzle to build with a train track and station. Terry, my mother-in-law, had the puzzle first. She said here is a puzzle for you. Now I have a puzzle of a map to Washington DC. I have the border outline.



I like puzzles because they are fun and relaxing. I have a few puzzles all ready to go.

STOP SITTING TO REDUCE YOUR STROKE RISK



Stroke risk rises with age. In fact, it doubles every 10 years after age 55. But there are still steps you can take to reduce your risk. One big step: *Start moving*. The average American adult spends six and a half hours per day just sitting. That comes to nearly two days per week!

A recent study looked at movement in more than 7,600 adults over age 45. Results showed that swapping sedentary time for physical **activity can lower stroke risk by up to 53%.**

For those who are less mobile, the researchers discovered that just spending time doing light-intensity physical activity—such as tending to household chores, gardening, or taking a short stroll — significantly protects against stroke. Simply moving more can help.

Additionally, a study published in Neurology in 2022 found a link between doing ordinary household chores and a **lower risk of dementia**. The researchers followed the subjects for an average of 10 years and found that regular housework-related activities were associated with a 21 percent lower risk of developing dementia.

Says one expect, "I think the real takeaway from this study, as well as other research, is that we shouldn't be prescribing a particular kind of exercise or activity, but that overall, not being sedentary is helpful in preventing dementia. Instead of seeing housework as drudgery, we can view things like doing the laundry and changing the sheets as doing something good for our health."

Read all about it here: https://www.brainandlife.org/articles/doing-household-chores-may-be-good-for-your-brain

10 APHASIA MYTHS — BUSTED!



1. "Aphasia is a rare disorder"
2. "Aphasia is only caused by a stroke"
3. "Aphasia affects intelligence"
4. "Aphasia only affects language"
5. "Aphasia cannot improve"
6. "Aphasia either affects your speech or your understanding"
7. "Aphasia only affects oral communication, not written"
8. "Aphasia affects only the person whose language is impaired"
9. "Aphasia is the same for everyone"
10. "Aphasia doesn't affect you"

Have you heard any of the above statements? Did you know that all of them are **false**?!

You can read why by going to this article by Megan Sutton of Tactus Therapy:
https://tactustherapy.com/10-aphasia-myths-busted/

GIVING THANKS

The Zoom group put together collages of things they are thankful for.



What are you thankful for?

A friend I used to work with came to visit me recently

I'm thankful for

Thankful for God who gives us everything, thankful for my neighbors I like to help them and treat them like family

- Speaking to other people in the group and learning from other's in the group.
- I am thankful for my wife's daughter, Claudia. She has helped me since I returned home from the hospital. She helps take care of me.
- I look forward to driving a car again.
- I look forward to spending the holidays with my family.

I'm thankful for

I am going to church to give thanks. I want to spend time with my family. I want to have a good day and eat and drink my favorites, turkey, pineapple, ham, pumpkin pie, cheesecake, Merlot, warm drinks (atole, champurrado, ponche a Mexican fruit punch).

-J.

I'm thankful for

my two daughters.
A happy memory I'm thankful for is when my girls played together as young kids. They were 7 and 2 years old. A hobby I'm grateful for is writing in my planner. It changes everyday.

-O

GIVE THANKS

I'm thankful for

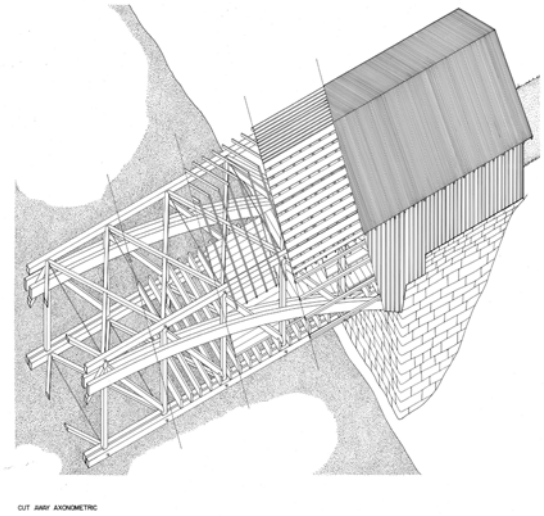
My trip to Manhattan, New York

We went on a ferry and ate pepperoni pizza

- I enjoy spending time with my grandson Skyler. He is very smart.
- I am looking forward to spending time with Skyler. I am thankful for the people that spend time with me.
- I am thankful for my family and my caregivers.
- I am thankful for my daily walks.
- I am thankful for Rosa's good cooking.

GIVE THANKS

BRIDGES, METAPHORICALLY BY BRUCE HEIMBACH



This fall in October, I wanted to try a new adventure to visit Indiana – to fly in a plane, alone. I was invited by a group of friends from our high school. Part of the trip, I took three days alone in Parke County to see bridges and parks. I drew one bridge (USGS historical survey, 1981), and wanted to see more bridges, rural landscape and restore my memory.

I love bridges. Bridges are utility and its purpose so you can cross a stream with dry shoes or using transportation to send materials across the river – efficiently. Other words to use to convey the meanings, as a list - pathways, intersections, crossings, conduit, structure, elements, and durability. Great covered bridge designs are beautiful, showing strength and are symbolic. In Parke County they built 39 covered bridges in three days. I photographed 25 of them.



So, my solitude journey there was to access my 'word vault' to describe 'things' and 'life.' My trip was a 'leap of faith'. My metaphor is a 'bridge' – using it as a conduit to have a civil conversation in-person, not shout over the river to the other side; and avoid bridge trolls.



A TV SHOW BASED ON A FAMOUS NEUROLOGIST

In *Brilliant Minds*, Zachary Quinto plays a modern-day neurologist in a Bronx hospital based on the renowned author and researcher **Oliver Sacks**. This new drama does exactly what Dr. Sacks's case histories do: it explores the mysteries of the most complex thing in the universe, the human brain. It reminds us that we are all uniquely individual, and that we all deserve respect and care. It puts patients first.

Inspired by case histories in *The Man Who Mistook His Wife for a Hat* and *An Anthropologist on Mars*, the show follows Dr. Oliver Wolf and his team of interns as they explore the last great frontier — the human mind. Season 1 is available for streaming on Peacock.



The real Oliver Sacks ...



and Zachary Quinto as Oliver Wolf

SLP CORNER: AIRPODS AS HEARING AIDS



A software update from Apple allows its AirPods Pro 2 to act as low-cost hearing aids. After users take the hearing test available on the Apple Health app, the AirPods will automatically adjust to their test results, which the company says enables them to serve as an over-the-counter (OTC) hearing aids. The cost of the AirPods Pro is $249, significantly less than other OTC hearing aids.

Two years ago, federal rules changed to allow hearing aids to be sold over the counter. And last month, the U.S. Food and Drug Administration approved software from Apple that would turn AirPods Pro 2 into hearing aids.

The availability of affordable OTC hearing aid technology could result in more of the 44 million adults with some hearing loss seeking support from audiologists sooner. However, the Apple OTC option is only appropriate for mild to moderate hearing loss; people with more severe hearing loss will need a more powerful option.

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