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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 #42

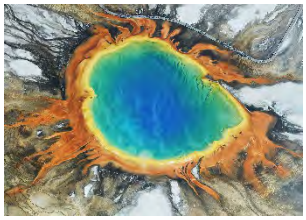


*Riding the wave of more effective communication together*

## TRIP TO GRAND TETON NATIONAL PARK BY MARLENE SCOTT



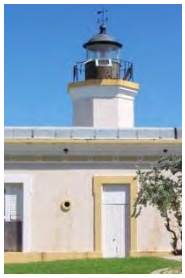
In June 2016, my husband, Tom, and I visited Grand Teton National Park. We stayed in a spacious lodge, where the mornings were a bit chilly, but it warmed up nicely throughout the day. One of the highlights for me was seeing the Grand Prismatic Spring, and I also enjoyed taking watercolor lessons by the Yellowstone River. I've been practicing watercolor since 2010, so it was a great opportunity to improve my skills. I really enjoyed our time in this beautiful area and would recommend it as a destination worth visiting.



## FAMILY TRIP TO PUERTO RICO BY FRANK L.



I had a trip to Puerto Rico with my family in June 2011. The plane flew in Puerto Rico, then we had a boat to the ferry with my wife, mother-in-law, sister, and brother there too.



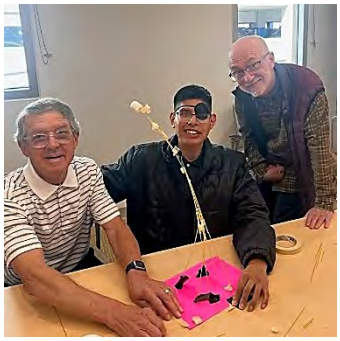
We had three vehicles for a great vacation. Penny was a tour guide for me and my brother, Jim, because we didn't know the island. Jennifer and I and Terry, my mother-in-law, saw a lighthouse. It was interesting to me.

The food was interesting. We had platinos (green plantains) and arroz con gandules (rice with pigeon peas). I liked the meal because my mother had a hand in it when were younger.

## I CHALLENGE YOU!

Last April, the morning group took on two challenges.

The **Spaghetti Tower Marshmallow Challenge** is a well-known team-building activity found at corporate retreats.



The basic idea is that a team is given spaghetti, tape, and string and told they had to build the tallest possible tower that can support a marshmallow. (FYI: The unofficial record is 65 inches tall!)




And the point of it? The teams practiced planning, cooperation, collaboration, and listening skills. Plus, it was great fun!

*Can you guess the winning team?*

*Was it **Team 1** (left: John, Luis, and Dave)?*
*Or **Team 2** (right: Gerry, Frank, and Rich)?*

The **Egg Drop Challenge** is a classic activity that has been a part of many science classrooms and events. In this challenge, you must design, evaluate, test, and suggest improvements for a contraption that will protect a precious payload (a raw egg) when dropped from on-high.

Only Frank, Rich, and John were successful in protecting their eggs, but everyone enjoyed the challenge!





*Rich, Frank, Bruce, Oppy, and John show off their egg-drop ideas.*







*Frank's, Rich's, and Oppy's containers make the plunge.*

## FINDING YOUR SPECIAL DAYS

Find an event that is meaningful to you and mark your calendars!




| | |
|---|---|
| January 20 | The **International Day of Acceptance** encourages everyone to embrace those of all abilities and supports those with disabilities to realize they are not living disabled. Instead, they are living. |
| February | February is **National Heart Month**. More and more, our sedentary lifestyles are putting us at risk. |
| March | March is **Brain Injury Awareness Month**. |
| March 21 | **National Memory Day** is a day celebrating memory and working to improve it. |
| April | **Occupational Therapy Month** recognizes all the benefits this specialized healthcare provides. |
| April 10-15 | **World Music Therapy Week** shines a light on music therapists worldwide. |
| May | **Action on Stroke Month** is a time to unite globally in the fight against stroke. |
| | **Better Speech and Language Month** aims to raise awareness concerning disorders of speech, hearing, voice, and language. |
| June | **Alzheimer's & Brain Awareness Month** promotes brain health and brain research. Some people wear purple to raise awareness. |
| | June is **Aphasia Awareness Month**. |
| June 22 | **World Brain Day** promotes awareness and education for neurological disorders. |
| August 15 | **National Relaxation Day** is a reminder to prioritize mental and physical well-being, and to find ways to relax when feeling overwhelmed. |
| September | The third full week is **National Rehabilitation Awareness Week,** which honors the outstanding services of rehabilitation professionals — physical, occupational, cardiac, and speech therapists. |
| | The first Sunday of September following Labor Day marks **National Grandparents Day**. |
| September 8 | **World Physical Therapy Day** recognizes the crucial contributions therapists make to society. |
| October | **National Physical Therapy Month** recognizes the importance of physical therapy in healthcare. |
| October 13 | **National Train Your Brain Day** challenges to improve your thinking power. |
| October 27 | **World Occupational Therapy Day** promotes the mission of occupational therapy. |
| October 29 | **World Stroke Day** seeks to raise awareness of the prevention and treatment of strokes. Red ribbons are considered as a symbol for stroke, heart disease, substance abuse, AIDS/HIV, and more. |





## HALLOWEEN (VERY) SHORT STORIES

The Zoom group created four spooky and silly Halloween stories. Enjoy!

### 1. Welcome to your nightmare



There once was a vampire named Clarence and for Halloween he dressed up as a devil, he wore a cape and horns. He was going to a Halloween party with his ghost friend named Florence who was dressed up as a vampire. The party is taking place at a Haunted House. The local kids are scared to trick-or-treat at this house. When the kids rang the doorbell Clarence answered the door and said, "Welcome to your nightmare" with a big smile. The kids weren't scared of Clarence because he smiled. Clarence whipped his bright red cape to the side and the kids came into the house to join the party. Clarence and Florence waved his cape around the room and the children were delighted. The kids had fun and said, "I'll always trust a vampire dressed as a devil". Happy Halloween!

### 2. I don't drink blood



A guy visiting the Hotel Transylvania comes out and claims that he has been attacked by a vampire. Somebody calls the policeman to come investigate this attack. The policeman finds the vampire. The policeman asks, "Did you bite the guest?" The vampire says "No, I don't drink blood! I was trying to be friendly and offer the guest a drink. It was just tomato juice!"

### 3. The scary ghost



Once upon a time, at dusk, Billy (a human kid) was going to a Halloween party at the bottom of the road. When he was scared of all the spookiness, he went in his neighbor's barn. In the barn was a motorcycle. When he turned it on, a ghost appeared. She was a middle-aged woman who had black hair, and her clothes were from 1700's. Billy said to the ghost "Woah you are the woman who the people are talking about in our town." Billy quickly escaped from the scary ghost using his motorcycle and drove into the forest. Little did Billy know…. The forest was haunted by skeletons!

### 4. A ghost named Mike



It was a scary dark night in the graveyard, the sun just went down. There was a Jack-O-Lantern named Sam sitting near a coffin. A group of teenagers dressed in scary Halloween costumes, with masks covering their faces, came upon Sam. They decided to smash the Jack-O-Lantern. Suddenly, they heard a scary ghost sound coming from the coffin. The teenagers screamed and yelled out "*Vamonos*!" and ran away. The ghost sound came from Sam's ghost friend Mike, and they laughed. The End.

## A MUSICAL SPEECH JOURNEY BY JIM SMITH

*"I don't want to set the world on fire, I just want to start a flame in your heart."*

These words from an old Ink Spots song cascaded out of Jim's mouth one day in 2023. Not unusual, you might say— but in Jim's case, he had been unable to speak more than one or two words since his stroke in August 2021, so it was encouraging. Jim had spent his lifetime loving lyrics and music, and now they began to play an important role in his speech recovery as he recalled lines from songs.



*Jim, Kathy, and their four children*

Jim Smith began his career in education at Mater Dei High school in Santa Ana as a history and English teacher in 1967, shortly after marrying his wife, Kathy. In 1970 they moved to Hemet, California, where Jim began a 36-year career as an educator and administrator for the Hemet Unified School District. Jim started by teaching continuation classes for students behind in credits, and over the next 24 years, those classes became Alessandro High School, an accredited continuation high school. Jim served as a teacher, counselor, and principal at that school, where several innovative programs began. One class, developed by his colleague Gene Preshaw Senier, was called "History Through Rock and Roll" and was especially well-received by all students. It was there that Jim became very familiar with John Prine's song "Angel from Montgomery," and how he began teaching his own children about history through song lyrics. His sons, Pat and Kevin, are both history teachers today in the Hemet School District, and all of his four kids remember and love Jim's music.

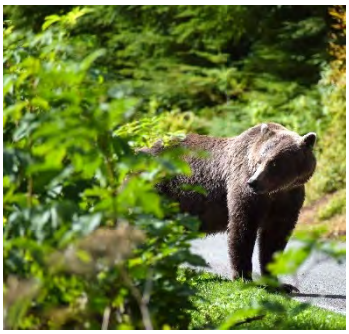
Throughout his educational career, Jim continued to love and listen to music. This love of music has unleashed some amazing and humorous vocabulary and language during his recent speech sessions. For example, when relearning the phrase "Stop my book," Jim sang out, "Stop! In the Name of Love!" And when trying to express his feelings to Kathy, his wife, he sang, "I love you for sentimental reasons." His speech therapist, Isabel Resendiz Espino, a master's graduate student, has made great use of this ability to recall lyrics. She plays old songs during each session, and he often remembers and sings along. Some of his favorite singers and songwriters include Van Morrison, Bob Dylan, and Jackson Browne, but his favorite song is John Prine and Bonnie Raitt's rendition of "Angel from Montgomery." When Isabel played it, Jim sang along: "Just give me one thing that I can hold on to/To believe in this livin' is just a hard way to go."

Jim retired from education in 2006 and spent his time gardening, reading, cooking gourmet meals, playing with his eight grandkids, listening to music, and enjoying the beach at his condo in Oceanside. Since his stroke in 2021, he especially enjoys rolling down the strand in his electric wheelchair and greeting everyone he passes. Just like the John Prine song says: "So if you're walking down the street sometime, and spot some hollow, ancient eyes, please don't just pass them by and stare, as if you didn't care, say, "Hello in there, …hello."

*This article was written with the loving assistance and input of Jim's wife, Kathy, and with Jim's thoughtful final approval, reflecting both his voice and their shared memories.*

## TRIPS TO ALASKA BY BRIDGETT DESONIA

I'm excited to announce that I'm back from my third trip to Haines, Alaska! I went for my Alaska vacation three times in 6 years!



On my first trip, in 2018 (6 months before my large right-frontal stroke occurred), I was overwhelmed with the beauty of the mountains on top of mountains-endless impressiveness. I went with my husband, Kevin, his two parents, and his aunt. We flew to Juneau and from there, we ferried up to Haines. Our lodge was next to a river and grizzly bears were fishing for salmon all the time when we were there. The eagles were impressive too. They were flying in the sky and landing in the branches of the pine trees all the time. We rafted (to see the eagles), fish-boating to fish out in the bay, and we saw loads of animals at Kroschel Wildlife Park where the sick and injured animals were being treated and healed. I kissed a moose at that zoo! It was fabulous!



After my stroke, my family (with his uncle tagging along) was going back in 2022 and, although it was stunning, it was different, maybe after a pandemic, COVID-19, ran down the town. The restaurants and souvenirs stores were closed up with a "for sale" sign up in their windows. Haines the tourist town was dying. The zoo was closed down too. But the state was astonishing and wildlife was incredible. We hiked most of our time.



And my last time, we were ready for Alaska's country without the need to have any kind of tourist stops. We saw two of the glorious glaciers, one in Haines and one in Juneau. At the lodge, Kevin cooked salmon with veggies on the side and it was delicious. The last week, we drove to Yukon, Canada. In Yukon, you can drive for miles and miles of wilderness-glaciers, mountains with their tops covered with powdering snow, lakes, rivers, and trees upon trees. It was very beautiful and so magnificent. At the lodge, the glorious grizzly bears and striking eagles were back fishing on the river. I hope I piqued your interest in breathtaking and mind-blowing beautiful Alaska! You have to go!



## SLP CORNER: STARTING WITH "A"




Ever wonder why so many speech conditions start with "a"?

It's because the names are formed from ancient Greek and Greek uses the so-called *alpha privative*. *Alpha privative* is a way to negate the main word just by adding an alpha (an *a*) to the start. For example, *phasis* means *speech* in Greek, so *aphasia* means the inability to speak. The same pattern is evident in *asexual* (*not sexual)* and *amoral* (*not moral)*.

Here are some other alpha-privative ailments you may encounter:

| | |
|---|---|
| **Agnosia** | inability to process sensory information |
| **Agrammatism** | inability to speak in a grammatically correct fashion |
| **Agraphia** | inability to communicate through writing |
| **Alexia** | inability to see words or to read |
| **Alogia** | inability to add unprompted content seen in normal speech |
| **Anarthria** | inability to speak due to the progression of dysarthria |
| **Anomia** | inability to recall the names of everyday objects |
| **Anosognosia** | inability for a person to recognize their own deficits |
| **Aphasia** | inability to comprehend or formulate language |
| **Apraxia** | inability to carry out muscular movements of the mouth (motor plans) |
| **Aprosodia** | inability to convey or interpret of rhythm, pitch, stress, or intonation |
| **Asemia** | inability to comprehend or use communicative symbols, such as words or gestures |

**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

## GREY PAPER BY BRUCE HEIMBACH

I bought a spiral pad of grey paper (and tan paper) to draw. I like to use charcoal and white charcoal pencils or pastels to describe an item. I must use my gentle hand with pressure on the paper, to blend into light or dark. When I'm using the white charcoal pencils on the grey paper you see it defined or "stand out." The bright color pastels, below, are similar to the pencils because you can blend the pastels in the drawing.

So, the grey paper is special to me, to "mix it up" or try something different.

