

The Wave



Riding the wave of more effective communication together

COMMUNICATION CORNER

3 Tips For Getting A Word In



When you pay attention to a typical conversation, you appreciate how fast it is and that there are only small pauses where a person can jump in, and start speaking. But if you don't say anything, this window closes and you lose your chance. Or sometimes there won't be any pauses, and people just interrupt to speak. In either case, to a person with aphasia or apraxia, this is a *nightmare*.

So to join in the conversation, I learned you have to draw attention to yourself. Consider the following tips:

1. To get the floor, you have to signal with your face and body language that you want a turn to talk. Lean forward. Raise your hand as if calling for a waiter.
2. But if that doesn't work, be *loud*. Simply interjecting a loud "UM" or "BUT" will often turn the whole conversation to you.
3. If that still doesn't work, start a side-conversation by asking a question of someone near you. Oftentimes, people will abandon the main conversation to join yours!

But above all, be persistent and bold and unafraid. After all, you have something important to say!

— Dave Valiulis

Holiday Communication

The holidays provides an opportunity for many of us to break from the ordinary. However the "Thanksgiving" holiday is celebrated, it will inevitably mean communicating with friends and family – and that can be stressful for a person who has aphasia, apraxia, a TBI, or other brain challenges.

During a recent afternoon group therapy session, the clients talked about these very concerns and shared some of the communication strategies that have worked for them.

We hope you find the following suggestions helpful this holiday season:

- Think/plan/practice: think ahead about a typical question you might be asked/plan what you will say/then practice it.
- Plan and practice asking a few questions of your own, such as, "What have you been doing lately?"
- Breathing exercises
- Carry stress balls or stones in your pocket or hand and rub them when you begin to feel stressed or overwhelmed.
- If all else fails, take a walk!

Please note these dates:

Dec. 4, 2014 is the last day of the Fall clinic.

Jan. 27, 2015 is the first day of the Winter clinic.

Is this
you?

MEET THE CLINICIANS OF COHORT 5



I will work hard to make each session a positive experience.

Adrienne Shah's background is in Communication from CSUSM.

What she's most excited is about building relationships with the clients and being a part of their communication journey. She also would like to improve her expressive Spanish skills.

Being a part of the book club, she it loves when our clients laugh and tell stories about their lives. Her favorite dessert Funfetti cupcakes with cream cheese frosting.

One thing she would like to brag about is her loving and supportive husband and family.



I love being in the adult clinic!

Christie Lopez's background is in economics with a degree in international business.

Her favorite group activity was when we talked about pets and everyone had such interesting things to share. Her favorite dessert is the Minnie Mouse caramel apple from Disneyland.

Two things she would like to brag about are her two beautiful daughters.

She wants you to know...

"I would like to learn more about treatments. I am most excited about getting to meet everyone and getting to know them."



I am so excited to work with the clients.

Elise Ozawa's background is in Economics from SDSU and she wants to learn more about standardized testing for adults – as well as all about the clients and everyone in cohort 4.

Her favorite activity was the caregiver support group.

She is not really a dessert person; she would rather have French fries! But she *is* a cat person who owns "the cutest cat in the world" named Gwen.



I have a passion for helping others!

Erika Riddell's background is in Audiology and Speech-Language Pathology. She also has done hearing screenings for the Special Olympics.

Much of her previous experience was with kids. So, she is excited to work with adults.

Her favorite group activity was digging in the fishbowl when everyone answered when they would want to travel back in time. She loves mint chip ice cream and she once skied down the Matterhorn in a blizzard!

She wants you to know...

"I knew the day would come that I would be attending school to obtain my master's degree to allow me to help others improve their quality of life!"



I love being surrounded by positive energy.

Jacquie Genna's background is in Speech, Language, and Hearing Sciences.

She is excited about getting to know all of clients, helping them reach their goals, and learning how to best accommodate the unique needs of the clients.

Her favorite group activity was playing the Hedbandz game.

Her favorite dessert is dark chocolate and she is looking forward a trip to Machu Picchu for my grandparents' 50th wedding anniversary.

She wants you to know...

"I love going on adventures, crafting, connecting with people, and learning new things."



Whenever I am stressed I love to just sit down and play my favorite songs!

Katrina Seagrave's background is in Speech, Language, and Hearing Sciences at San Diego State University and as a Speech aide for the Palomar Health System.

She is excited for this new experience – especially for the opportunity to be able to help members of the community with their communication needs. She is eager to learn how to assess and treat what is most important to the clients.

Her favorite activity was the current events group. It was interesting to watch videos of current events, and it was great to throw in the hilarious video about the "Boxing Kangaroos." Her favorite dessert is oatmeal chocolate chip cookies.

She wants you to know...

"I have played the piano from a very young age, and both my mom and my sister are piano teachers. I love playing the piano."



I am always willing to help and listen.

Kristina Aquino's background is in Communication Disorders at Cal State Fullerton.

She is eager to broaden her experience by being able to apply her learning to real life situations in order to help people.

She would like to learn how to better assist families to communicate with their loved ones who have aphasia. Her favorite group activity was Name That Tune and her favorite dessert is ice cream. She started dancing at 7 and it is her passion even now.

I want you to know that...

"I will always be excited and interested to listen to everyone's stories and look forward to getting to know each and every person at the CSUSM Clinic!"



I am very excited to be here at the CSUSM clinic.

Maryam Zaman's background is in English literature and she has volunteered in the UCLA Medical Plaza SLP clinic and at an elementary school with the SLP.

She is excited to meet the patients and applying knowledge from class to clinical situations and "real life." She wants to learn more about the different therapy treatments.

Her favorite group was the family support group, and her favorite dessert is Lacey's cookies from Trader Joe's. She loves reading and has several Shakespeare sonnets memorized.



I enjoy hiking near the beach or in the mountains.

Meghan Mallory's background is in sociology and speech-language hearing.

She is excited about practicing therapy tasks and getting to know the clients and their families.

Her favorite group activity was planning day trip to Cabrillo in Point Loma and talking about the activities that we would do there, like hiking and site seeing.

Her favorite dessert is frozen yogurt.



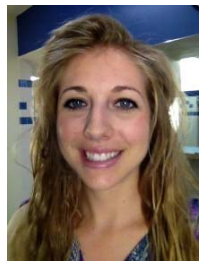
I am very motivated and excited to start working at the clinic.

Nicole (Nikki) Birtja's background is in Communication Science and Disorders. She has also volunteered at Rancho Los Amigos Rehabilitation Hospital.

She is looking forward to getting to know everyone at the clinic and learning different methods of therapy.

Her favorite group is the toast masters activity because of all of the different interesting stories. Her favorite dessert is anything with chocolate.

She also likes to draw and paint.



I'm so thankful for the clients!

Rachel Pomeroy has a BA in music and wants to learn the ways to be an effective clinician, several different methods of assessment and therapy, and then, "you know, just ... everything humanly possible."

Her favorite group activity was playing Hedbandz! Her favorite dessert is apple crumble with vanilla ice cream. She's a cast member at National Comedy Theatre and can whistle through her teeth.

She wants you to know...

"Thanks to each of you for giving us the privilege of working with you. You make our program special, meaningful, and you are helping shape us into effective clinicians."



I feel very fortunate to be here!

Sarah Coleson's background is in Literature and Writing Studies.

She is eager to contribute to the clinic and to spend time with everyone — clients, clinicians, and supervisors — to make the clinic such a supportive place.

Her favorite group activity thus far was Catch Phrase – "I loved the teamwork!" Her favorite dessert is any fruity frozen yogurt, and she is proud of her beautiful little garden.

A NOTE OF THANKS FROM CLINICIANS OF COHORT 4



We express our deepest thanks to all of the clients and care partners that have become our friends in the CSUSM clinic this semester. Our time to serve you has been all too short, but know that you have influenced our lives with your kindness, humor, tenacity, and trust.

We wish you well as you continue to attend the clinic and receive exceptional speech and language services from clinicians who care deeply about you, your loved ones, and your journey. We wish you all a joyous holiday season. Again, many thanks and warmest regards.

— Alyssa, Autumn, Brenna, Chelsea, Darlene, DeDe, Jenna, Kathleen, Laurel, Molly, Monica, and Satoko of CSUSM's Cohort 4

WHAT OUR CLIENTS HAVE TO SAY

I am so grateful for the CSUSM Speech and Language Clinic! It has greatly improved my speech. Without the help of CSUSM Speech and Language Clinic, I would not have advanced as far as I have with my speech and language. I feel very fortunate that my daughter found the CSUSM Speech and Language Clinic.

When I first had my stroke, I could not speak at all. I was completely unable to tell the nurse that I had to use the bathroom, and it was extremely frustrating. I maxed out for Medicare funding a while ago and I am no longer eligible to receive services through my insurance.

Attending the CSUSM Clinic forces me to practice speech and language. At home, I am not as inclined to practice on my own.

I also really enjoy socializing with the other clients who have similar backgrounds to me. Overall, the CSUSM Speech and Language has greatly impacted my quality of life. Thank you!

— Alice S. Decker



QUOTE OF THE MONTH

“The most beautiful people ... are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. *Beautiful people do not just happen.*”

— Elisabeth Kübler-Ross



CLIENT CREATIVITY: AN ACROSTIC POEM

Gift of life
I make my special recipe
Vacation to Hot Springs
In-laws
Neighbors
Goodies

Turkey Thursday
Having a husband
Autumn
November and nuts
Kids
Socks!



-- Created by PM Potpourri Group

APRICOT SLICES – A Slovak Recipe for the Holidays by Mary Dolnik

1. Preheat oven to 350 degrees.
2. In a large mixing bowl, beat butter and sugar until fluffy. Add egg yolks, milk, and vanilla and beat well. Beat in baking powder and salt; stir in flour and lemon peel. Spread in greased 15 x 10 x 1 inch baking pan. Carefully spread the apricot filling on top.
3. In a medium mixing bowl. Beat the eggs whites and cream of tartar until soft peaks form. Gradually beat in the ¼ c. sugar, beating until soft peaks form. Carefully spread on top of apricot layer.
4. Combine walnuts, 3 Tablespoons sugar, and cinnamon. Sprinkle on top of meringue.
5. Bake for 30 minutes until golden. Cool on a wire rack.
6. Cut into diamond shaped slices. Makes about 48 cookies.



Ingredients

filling

- 1 c. butter, softened
- 1 c. sugar
- 3 egg yolks
- 1/3 c. milk
- 1 teaspoon vanilla
- 1 Tablespoon baking powder
- 3 Tablespoons sugar
- ½ teaspoon salt
- 2 ¼ c. all-purpose flour
- 1 teaspoon lemon peel, grated
- 12 oz. apricot cake & pastry filling

meringue

- 3 egg whites
- ½ teaspoon cream of tartar

topping

- ¼ c. sugar
- ½ c. walnuts, ground
- ½ teaspoon ground cinnamon