

The Wave

Riding the wave of more effective communication together



IN MEMORY OF BRENNA

It is with deep feelings of sadness that I write about one of the shining stars of our cohort that served many of you in the fall semester — Brenna Robe. On Monday, January 6, 2015, Brenna passed peacefully surrounded by family and friends from an anoxic stroke, when the brain ceases to function due to a lack of oxygen.

On Saturday, January, 17, the family held a memorial service to celebrate her life of caring and sharing. During the service, her husband, father, mother, and sister, as well as the pastor, shared very touching stories of Brenna's compassion for others, her love of children, Disneyland, children's books (books in general), her family, her husband of less than two years, her dedication to her faith, and devotion to the Speech and Language Pathology field. Words that were used to describe her personality were: dedicated, smart, funny, loving, caring, sensitive, and weirdly whimsical — even to the Dr. Seuss level.

I think her mother put it best when she said that although it doesn't feel right that Brenna was taken so early in life, she trusts that there is a greater plan, one that spared Brenna much of the heartache and pain that come with living a long life. She said God has reminded her that He loved Brenna so much that He blessed her with faith, a loving family, and many friends that cared about her. He blessed her with opportunities to travel, go to college, fall in love and marry the love of her life, and participate in a master's program that was preparing her to do professionally what she did so naturally — help others.

We will all miss her.

To view the service online: <https://www.facebook.com/oakhillschurch>.

— Darlene Keller



To express condolences:

Anthony Robe
Robert & Linda Bray
Katie Bray
603 Vale View Drive
Vista, CA 92081

CSUSM's Speech and Language Pathology Department has set up a scholarship fund in her honor to help others achieve their goals in the field: www.csusm.edu/donation, select "Other" in the drop-down menu and then enter "Brenna Bray Robe Memorial Scholarship."

FYI: You can always read the previous issue of *THE WAVE* by going online to the Speech Language Clinic page of the CSUSM website: <https://www.csusm.edu/el/degreeprograms/csd/speechclinic.html>.

MARK ACEVEDO: FINDING THE STRENGTH TO RECOVER

After five days in the hospital, Mark was transferred to a rehab hospital where he underwent the rounds of traditional therapy. After five weeks of rehab, he was released to a physical-therapy, assisted-living house that specializes in brain injury. He was in a wheelchair, though he could walk a little with a brace. His left side was still weak.

At about three months post-stroke, he found Tom Wisenbaker, a special needs fitness trainer who works with stroke survivors and MS patients. He is not a physical therapist, but after briefly evaluating Mark, Tom told him, "I think I can get you back."

"When Mark started with me," Tom says, "his grip strength was 26 lbs — after two rounds of therapy. And they said he was done. After two months his grip strength was 40 lbs." An average grip strength for men is 65.

Tom quickly resolved Mark's drop foot and put him to work on the treadmill. Tom also had him lifting weights practically every day. Mark improved enough to return to light duty seven months post-stroke, but the fire chief refused to let him fight fires. The chief did agree to reinstate the 22-year veteran if he could pass the strength and agility test he'd taken when he had first joined the force. The chief made the promise in May, 11 months post-stroke; the test would be given in July.

Mark redoubled his training, doing complicated footwork on the treadmill and lifting weights every day. As the test day neared, Mark and Tom went to the training ground where it would be given almost every day. Mark would run the stairs, pull fire hose from one floor to the next and drag the 160-pound dummy the test required. For eight weeks he trained as if his future depended on it. On the day of the test, Tom said, "You're doing this for millions of stroke survivors."

All the hard work paid off: 13 months after his stroke, with a crowd of his fellow county employees watching, Mark Acevedo passed his test and got his job back. His time was three minutes faster than it had to be; his grip strength was 125 lbs.



Mark Acevedo loved being a fire fighter. When Mark was fighting a wildlands fire, when his left leg gave out and his speech started to slur. The team flew him out to a nearby hospital where doctors diagnosed a stroke resulting from a dissected carotid artery.

He was 41.

Source:

http://www.strokeassociation.org/STROKEORG/LifeAfterStroke/InspirationalStories/Mark-Acevedo-Finding-The-Strength-To-Recover_UCM_309866_Article.jsp

QUOTE OF THE MONTH

"Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved."

Helen Keller



CLIENT HIGHLIGHTS: JOHN CRAIG

When most of us hear the exclamation “Strike!” we may think of someone making a mistake in baseball, but in bowling and for John Craig, it’s gold.

John is a client with Down’s Syndrome and in November of 2014, he competed in San Diego’s Special Olympics Bowling event and walked away with a gold medal. With a score of 287, John out-bowled 40 or more other competitors.

John loves to bowl. It shows in his training regimen: bowling *EVERY* Friday and Saturday for several hours and bowling while on vacation. His dedication certainly paid off.

John is a longtime client of our clinic who is noted for his hard work, soft answer, and a tender heart. With or without a bowling ball in his hand, *he* is gold.

Congratulations to John on this terrific accomplishment, from everyone at the CSUSM Speech and Language Clinic.

— Darlene Keller, student clinician



CLIENT CREATIVITY: AN ACROSTIC POEM ABOUT SASQUATCH

Small ears

Ape-like figure

Several hundred pounds

Quiet

Unusual round, dark eyes

Arms that are long

Two footprints

Creature

Hairy body

By John Craig



VALENTINE'S DAY COOKIES

STRAWBERRY CHOCOLATE CHIP COOKIES

Ingredients:

- 1 box (18.25 oz) strawberry cake mix
- 1 teaspoon baking powder
- 2 large eggs
- 1/3 cup vegetable/canola oil
- 1/2 teaspoon vanilla extract
- 1 1/4 cup semi-sweet chocolate chips

1. Preheat the oven to 350F. Line a large baking sheet with parchment paper and set aside.
2. In a large bowl, mix together a strawberry cake mix and baking powder. Set this aside.
3. In a smaller bowl, whisk together the eggs, oil, and vanilla. Add the egg mixture to the cake mixture and mix to form a dough. Mix the dough until all of the pockets of dry cake mix are gone. Gently mix in the chocolate chips.
4. Drop rounded balls of dough, (about 2 tablespoons each) onto the prepared baking sheet. Stick a few more chocolate chips on top of the cookie dough balls if desired.
5. Bake the cookies for 10 minutes. (Do not let the cookies get brown). Allow the cookies to cool on baking sheet for 3 minutes. Transfer to a wire rack to cool completely.

Cookies may be stored in an airtight container for up to one week.

— by Adrienne Shah

PEANUT BUTTER SWEETHEARTS

Ingredients:

- 1/2 cup salted butter, softened
- 1/2 cup dark brown sugar
- 1/4 cup granulated sugar
- 1 large egg
- 3/4 cup creamy peanut butter
- 1 teaspoon vanilla extract
- 1/2 teaspoon baking soda
- 1 1/4 cups all-purpose flour
- 24 Dove chocolate hearts granulated sugar for rolling

1. In a large bowl with a handheld or stand mixer, cream butter and sugars together until light and fluffy.
2. Mix in peanut butter, then the egg, and then the vanilla. Slowly mix in the dry ingredients. Do not overmix. Chill dough for at least 30 minutes.
3. Remove chilled dough from fridge and roll into balls. Spread a thin layer of granulated sugar on a plate and roll each dough ball to evenly coat (if desired).
4. Preheat oven to 350 degrees. On an ungreased baking sheet, bake for 8-9 minutes, until the tops begin to *slightly* crack. Do not bake longer. Cookies will look undone, but will firm up as they cool.
5. Press a chocolate heart into each cookie and quickly stick the baking sheet in the fridge so the warm cookie does not completely melt the chocolate heart. Let the chocolate set (about 15 minutes) on the cookies in the refrigerator.
6. Makes 2 dozen cookies. Will keep in an airtight container for up to 10 days.

— by Katrina Seagrave

Happy New Year from Cohort 5!



A CUT-OUT WALLET CARD

This wallet-size card will help a person with aphasia to communicate their condition to others.

This card explains what aphasia is and offers a helpful tip for communicating with the stroke survivor. There is a space on the back of the card for the caregiver's contact information in case of an emergency.

To use the wallet card:

- fold along the horizontal line marked "A"
- fold along the vertical line marked "B"
- cut around the outside edges

B
|

A—

—A

<p>My name: _____</p> <p>My address: _____ _____</p> <p>Emergency contact: _____ _____</p>	<h2>I have <u>Aphasia</u></h2> <p>It makes it hard for me to speak – especially under pressure.</p> <p>But that doesn't mean I don't understand you or don't know what's going on!</p>
<p>You can help by...</p> <ul style="list-style-type: none"> • Being patient • Speaking clearly • Asking yes/no questions • Using writing or drawing 	<p>Aphasia (<i>ah-fAY-zhuh</i>) is due to injury to the brain, usually from a stroke.</p> <p>Aphasia affects speech and the ability to read or write.</p> <p>It does not affect a person's intelligence.</p>

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B