

The Wave



Riding the wave of more effective communication together

CSUSM TO HOST ACCREDITATION MEETING

The American Speech-Language-Hearing Association accredits graduate programs that prepare individuals to enter professional practice in speech-language pathology. The intention of accreditation is to promote excellence in educational preparation while assuring the public that graduates of accredited programs are educated in a core set of knowledge and skills required to qualify for state and national credentials for independent professional practice.

The Department of Speech-Language Pathology at Cal State San Marcos will host a meeting on Monday, March 2nd, to give the public and students the opportunity to comment on the Master of Arts in Education, Option in Communicative Sciences and Disorders, program during the initial accreditation process.

Accreditation looks at six areas as essential to quality education:

- administrative structure and governance
- faculty
- curriculum (academic and clinical education)
- students
- assessment
- program resources

The program prepares students for practice in the field of speech-language pathology in schools, and in medical, clinical and private-practice settings.

For more info:

- The Standards for Accreditation
(<http://www.asha.org/academic/accreditation/accredmanual/section3.htm>)
- Policy and procedures on public comments
<http://www.asha.org/uploadedFiles/academic/accreditation/PublicComment05.pdf>

YOU'RE INVITED

Monday, March 2

4:30 - 5:00 p.m.

Cal State San Marcos
Foundation Bld 101
333 S. Twin Oaks
Valley Rd.
San Marcos, CA 92096

760-750-7374



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>.

BENEFITS OF MINDFULNESS

Since beginning mindfulness practice, it has become easier and an almost automatic go to for me. How do I personally benefit?

I believe it has changed my neuro pathway in how I react – changed my attitude, keeping me in a good place during anxious situations, helping to stay focused.

When the chatter of endless thoughts overwhelms our mind, by refocusing (actually visualizing leaving those thoughts outside the door) helps tremendously. Mindfulness and relaxation breathing are a necessity for me. It only takes seconds or minutes, becoming a way of life.

Do I still need reminders, yes. I don't have control over others, their attitudes about me or situations, but I do have a little more control over how I choose to respond by staying, appreciating, and having gratitude for the present moment. We have heard the quote "This too shall pass," this goes for both good and bad. Let it go or appreciate the moment.

Recalling the early years after my brain injury, with a world turned upside down, a sense of constant panic and listening to me say "I can't do this, I can't do that." After a few years, I knew something about this had to change.

When possible, present and rephrase by saying, "Here is what I can do," rather than what I can't do. This too, took a lot of practice, reminders, and mindfulness.

– Dee Franck

AFFIRMATIONS

Affirmations refer to the practice of positive thinking and self-empowerment.

For an affirmation to be effective, it needs to be positive, personal, and specific.

I am fully present with appreciation for all that shows up in my life. It fills me with joy.

When you laugh or smile, it triggers a part of your brain that actually makes you happy.

She believed she could, so she did.



CHOCOLATE PEANUT BUTTER CLUSTERS

Celebrate the *National Peanut Butter Lover's Day* on March 1st with this easy, no-bake treat!

- 1 ½ cans peanuts
- 1 bag milk chocolate chips
- 1 bag peanut butter chips

1. Melt chips in microwave stirring occasionally.
2. Mix in nuts.
3. Spoon onto wax paper. Let cool.

These freeze very well. Enjoy!

– Charlie Pearson



STROKE CAMP

In January, several clinic members attended the first California **Stroke Camp** in La Jolla.

Retreat & Refresh Stroke Camp – as the name implies – is a retreat for stroke survivors and their caregivers, which has camp songs, skits, arts and crafts, games, and drum circles. Perhaps most importantly it's also a chance to relax, get pampered, share stories, help each other, meet old friends, and make new ones.

Every year, the 3-day camps are held throughout the nation and feature a theme – this year's being "American Bandstand." Kristen and Dave even were in a hula hoop contest (they didn't win).

If you want to know more about the amazing Stroke Camps, visit <http://www.strokecamp.org/>.

– Dave Valiulis



Attending were (left to right) **Gary Thompson**, **Dave Valiulis** (seated) and husband Greg, **Paul Stevens** and wife Donna, and **Kristen Nahrstedt**.

WALK FOR RECOVERY

The 8th walk **Walk For Recovery** on Saturday, March 21, by the San Diego Brain Foundation emphasizes the strength and effort it takes to overcome the challenges of brain injuries as well as celebrate and inspire those who are on their journey towards recovery.

Help us raise recognition and create enthusiasm in our community and inspire people to actively participate throughout the Brain Injury Awareness month of March.

Below is the CSUSM NSSLHA fundraiser page and day-of event information. Our goal is to raise \$200 and we welcome any contribution you can manage:

<https://www.classy.org/fundraise/team?ftid=45262>

March 21, 2015 at 8:00am to 1:00pm
Mission Bay Park - de Anza Cove
2740 DeAnza Road
Contact: walk@sdbif.org

Costs

Adult: \$25

Survivor: \$15

Survivor under 18: \$15

Student under 18: \$15.00

Infant under 4 yrs (t-shirt not included): \$0



MARCH CALENDER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 National Peanut Butter Lover's Day	2	3	4	5	6	7
8 Daylight Savings Time Begins	9	10	11	12	13	14
15 Ides of March	16	17 St. Patrick's Day	18	19	20 First Day of Spring (Vernal Equinox)	21 Walk for Recovery 8am-1pm, Mission Bay Park
22	23	24	25	26	27	28
29	30 Spring Break Begins-CSUSM	31 <u>No Clinic</u>	April 1 April Fool's Day	April 2 <u>No Clinic</u>	April 3	April 4

March Flower: The Daffodil



March is Brain Injury Awareness month! For more info, see <http://www.biausa.org/brain-injury-awareness-month.htm>.