

The Wave



Riding the wave of more effective communication together

JOSHUA TREE SUNRISE BY BRUCE HEIMBACH



October 25, 2015, 6:23 AM

I arrived in Joshua Tree National Park and stayed from October 23 to 25, 2015. I looked for places with the best views of the sunrise or sunset on the vast horizon.

These spots also had rocks, trees, and other interesting things.

I wanted to capture how the sun lit up the high scattered clouds.

The sunrise colored the near clouds purple and the distant clouds orange.



Sunrise, East - 6:47 AM



Sunrise, Southwest - 6:50 AM



Sunrise, East - 7:02 AM

4 FILMS ABOUT APHASIA BY DAVE VALIULIS

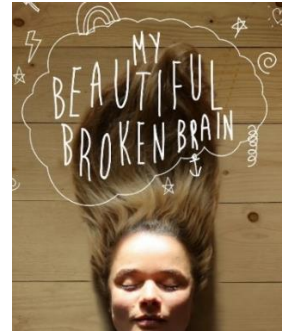
My Beautiful Broken Brain

My Beautiful Broken Brain is a documentary that follows the journey of Dutch-French filmmaker Lotje Sodderland as she goes through the process of rehabilitation and recovery from a hemorrhagic stroke.

Sodderland finds herself starting over again in an alien world, bereft of language and logic, fighting her limitations, and embracing the endless possibilities of life.

See it on Netflix. You can watch the trailer here:

<https://www.youtube.com/watch?v=VSfpA3AEKmY>



The Possibilities Are Endless

The Possibilities Are Endless is a documentary that tells the story of Edwyn Collins, a celebrated Scottish songwriter, who suffered a stroke at age 45.

Placed inside his mind, we embark on a remarkable journey from the brink of death back to language, music, life, and love. More than a story of determination, it is an intimate and life-affirming tale of rediscovery.

See it on Amazon Video, iTunes, or on YouTube. You can watch the trailer here:

<https://www.youtube.com/watch?v=9wbknwieX0Q>



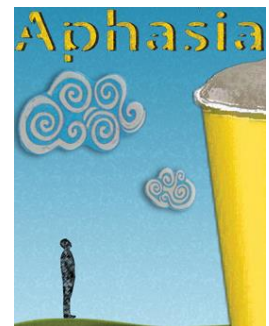
Aphasia the Movie

Aphasia is the true story of US actor Carl McIntyre who, after suffering a stroke and losing his ability to read, write, and talk, struggles against overwhelming odds to redefine his life.

In addition to creating a narrative work of art, the purpose of the film is to raise awareness about aphasia and to give hope to those who are affected it.

Buy it from Amazon. You can watch the trailer here:

<https://www.youtube.com/watch?v=kF3ZaxcqjKA>



The Diving Bell and the Butterfly

The true story of Jean-Dominique Bauby, who suffered a stroke in 1995 that rendered him mute and almost completely paralyzed. This film is an adaptation of Bauby's autobiography, which he dictated only by blinking his left eye.

See it on Netflix or buy it from Amazon. You can watch the trailer here:

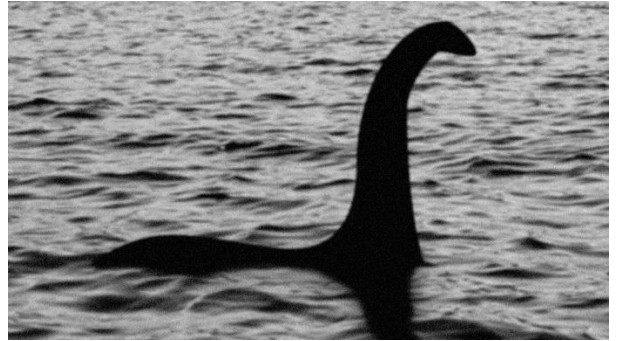
<https://www.youtube.com/watch?v=G69Zh7Ylg8c>



LOCH NESS MONSTER: AN ACROSTIC POEM BY JOHN CRAIG

LIVES IN A LAKE
ONE, TWO, OR THREE HUMPS
CREATURE WHO IS SHY
HORNS ON HIS HEAD

NECK IS VERY LONG
END OF HIS BODY ARE THIN
SMALL HEADED STRANGE MONSTER
SCOTLAND IS HIS HOME



MY PERSONAL EXPERIENCE WITH A SCAM CALLER BY MARY DOLNIK

One morning I received a phone call. It was from a man who told me that my grandson, Stephen, was in an accident and he needed money. I knew my grandson was away at college in Arizona. I told the man that I didn't believe him and I hung up the phone. Then I called my son, Jim, Stephen's dad, right away and told him what happened. He called Stephen and found out that it was not true. Stephen was fine and the phone call was a scam!



What can we do?

- Register your number with the do not call registry and report calls to www.donotcall.gov.
- Never give out your personal information.
- Screen your calls.
- HANG UP!!!

Did you know?

- At least one of every five phone calls is a scam!
- The Federal Trade Commission, (FTC) receives about 200,000 complaints per month.
- Everyone is a target, but people in retirement are the main targets.
- Callers can pose as different agencies: Insurance companies, IRS, computer companies, financial institutions, utility companies, businesses, or in as in my case, the call can be very personal.

For more info:

- <http://blog.aarp.org/2014/08/01/how-to-avoid-robocall-scams/>
- <https://www.consumer.ftc.gov/articles/0076-phone-scams>

ART THERAPY BY KIMI WOOD, STUDENT CLINICIAN

In our clinic, we have two pieces of art created by the clients that represent two of the four “classical” elements--Earth and Water. This year, our clients created a piece by painting butterflies to symbolize the element of Air.



Painting butterflies for an art installation in the CSUSM clinic

Art therapy is an important form of therapy because:

- It fosters self-awareness, manages behaviors, improves attention, reduces anxiety, and improves self-esteem.
- Research shows that participation in a creative activity group improves overall mood and mental health.
- It has been shown to improve the functional neuroanatomy of the brain.

Skills used in art therapy:

Creativity: to use imagination to produce a unique art piece.

Planning: to determine the design and color choices prior to painting.

Attention to detail: to focus on brush size, amount of paint, and design details to successfully carry out the art plan.

Critical analysis: to analyze shapes, sizes, and color tints to carry out the design plan or create symmetry.

Adaptability: to exercise flexibility and adjust the art if the plan is not successful.

Patience: to remain calm and focus on the act of painting, rather than the finished product.

Overall attention/focus: to attend to the task in a distracting environment.

JOKE CORNER BY THE STUDENT CLINICIANS

Q: What do you call 500 penguins in the desert?

A: Lost!

Q: Why did the farmer bury all his money?

A: He wanted to make his soil rich!

Q: What did the duck say when he bought lipstick?

A: "Put it on my bill."

Q: What did the ocean say to the beach?

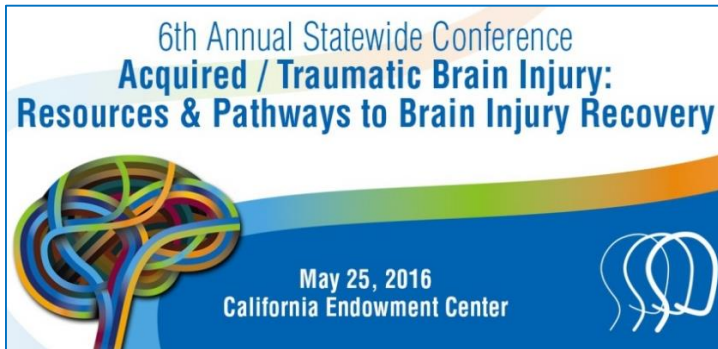
A: Nothing, it just waved."

Q: Why was the teddy bear never hungry?

A: Because he was always stuffed!



ACQUIRED TRAUMATIC BRAIN INJURY CONFERENCE BY MEGAN SLIPPER



Wow! I can't believe it's almost here: the 6th annual acquired traumatic brain injury (ATBI) conference on May 25th.

This is a very educational and motivational conference for anyone to attend.

It is located in the California Endowment Center in Los Angeles. If interested, there is a metro link which leaves Oceanside at 5:45am, arriving in Los Angeles Union Station at 7:50am. This will give you time to

walk to the convention center for registration and continental breakfast at 8:00. Keynote speaker starts at 8:45am. See the agenda on this link: <https://secure.qgiv.com/event/2016atbiconference>.

It costs each brain-injured person \$45 to register (or \$35 if you register before May 11 or if you register in a group of at least 3 people).

It is a great conference and Dee, Cressa, and Megan are planning to go!

MOVIE REVIEW BY TONY MUNOZ

About three weeks ago, I went to see a movie with my wife. We went to the movie called "The Young Messiah." The movie was about Jesus when he was a child.

The movie starts out with a scene where Jesus and another boy are fighting. The boy falls, hits his head on a rock, and dies. Miraculously, Jesus raises him from being dead. Jesus also brings a bird back to life. Throughout the movie, we see many other miracles performed by young Jesus.



I think my favorite scene in this movie was where Jesus goes to the marketplace. There he meets a blind Rabbi. He spends a long time talking to him. When Jesus walks away, the Rabbi can all of a sudden see. Jesus as a child couldn't understand why he had those powers.

The movie ends with little Jesus asking his mother for an explanation of where he came from and why he has all these powers. His mother tells him his story.

It was a very good movie and I recommend seeing it. My wife and I left the movie theatre with a good feeling inside.

Here is a link to the movie trailer if you are interested in finding out more:

<https://www.youtube.com/watch?v=5EynFdirmgY>

MEMORY ISSUES

Some memory loss after brain injury is quite common. There are many ways your memory can be affected, For example,

- Your **verbal memory** may be affected – memory of names, stories, and information having to do with words.
- Your **visual memory** may be affected – memory of faces, shapes, routes, and things you see.
- You may have trouble **learning new information** or skills.
- You may be unable to remember and **retrieve information**.
- Your **short-term memory** may be affected.

Many people recover at least some memory spontaneously after their injury. Others improve through rehabilitation and training, such as *spaced retrieval therapy* (see right). Other things to do to help with memory loss:



- Try to form a routine during the day.
- Try not to tackle too many things at once. Break tasks down into steps.
- If something needs to be done, make a note of it or do it right away.
- Make a habit of always putting things away in the same place.
- Keep a notebook of information – both important and trivial.
- Create mnemonics to help remember tasks.
- Use a class or computer program aimed at improving memory.

— adapted from Dave Valiulis's website: <http://strokewise.info>

SPACED RETRIEVAL THERAPY

Spaced Retrieval Therapy is a way to help remember important items. It uses a simple device to do this: *time*. Here are the basics:

1. Think of a name or fact that you trying to recall. It's important to only train facts that don't change, since once they are remembered, it's not easy to forget them!
2. Your partner asks the question and starts a timer, giving the correct answer if needed.
3. When the timer goes off, your partner asks the same question again. Talk about other things or do another activity between questions.
4. Repeat, increasing intervals of time, such as 1 minute, 2 minutes, 8 minutes, and so on, to help cement the information in memory.

There are some iPad apps for this therapy, for example:

<http://tactustherapy.com/app/srt/>

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>