

The Wave



Riding the wave of more effective communication together

GLASSBLOWING BY NOEL LAUE

"I started glassblowing in 1979 after taking a class at Palomar College. My work has been featured in museums across the U.S., Europe, and Asia.

"This piece was made in 1996 and stands at about 1 foot in height. It was difficult to make, but the resulting colors on this piece are beautiful."



About Noel and his glassblowing

Glassblowing can be physically demanding. Noel's furnace held 400 pounds of glass heated to 2000 degrees. A portion of molten glass would then be spooled onto the end of a blowpipe, inflated by blowing into the other end, then molded into the desired shape.

This entire process requires exceptional physical strength and the use of both hands. This is why he had to give it up in 2008, when he had his stroke.

For more info, see <http://www.noellaue.com>.



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>

LIFE ROLLS ON BY BRUCE HEIMBACH



I visited the 'Life Rolls On' event at La Jolla Shores on September 17, 2016. The event was billed as "Adaptive athletes, families, and hundreds of volunteers come together for an epic day in the ocean."

Most adult and children disabilities use a wheelchair and 'ride the wave' in the surf. The group volunteers (seven groups for about 40 each) carry the 'athletes' into the surf.

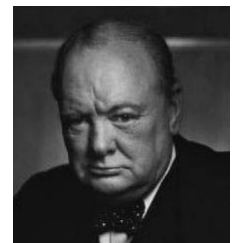
Marie and I signed up as volunteers. Marie working at the desk signing up the 'athletes.' I took photographs, capturing the people enjoying the event. I took pictures about the setup, the beach and equipment, and the 'festival' in the surf. Enjoy!



QUOTE OF THE MONTH

*"If you're going through hell,
keep going."*

— Winston Churchill



HOW TO PLANT A WINTER RAISED BED GARDEN BY DEE FRANCK

Summer is over but fall is an ideal time to plant a nice selection of vegetables. The soil is warm, helping the seedlings to establish strong roots. Here are some tips to prepare your raised bed planter garden.

1. In the planter box, first lay wire mesh and layer with cardboard and newspapers. Then spread pine needles or mulch. Next fill with top soil and a few inches of soil amendments.
2. Plant selection for fall planting can be a single 4 inch plant or six-pack of seedlings of your choice. Some available choices may be kale, spinach, lettuce, eggplant, swiss chard, green onions, red onions, chives, garlic, broccoli, or radishes.
3. Some plant tags may give recommendations for plant spacing. They may also specify harvest time of anywhere between 90-180 days.



Wishing you happy gardening and bring on some rain!

TRIP TO MOUNT ST. HELENS BY SCOTT KISSINGER

My wife and I went on a trip to Oregon. Here is a picture of me near one of the large ponds at Mount St. Helens. I'd really like to be there right about now.

Mount St. Helens is a volcano that erupted several years ago. The land is in the process of regenerating – just like me!



INSPIRATIONAL POEM SUBMITTED BY HENRY PUGH

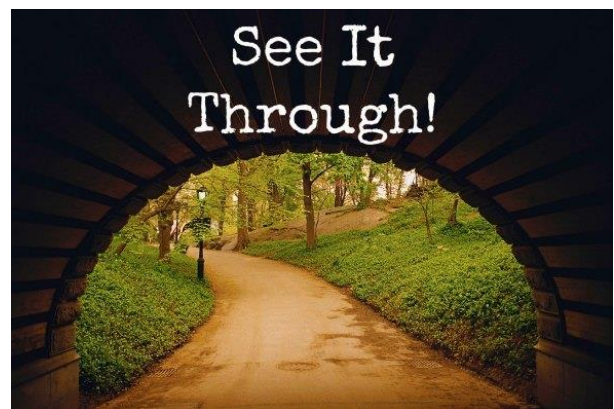
SEE IT THROUGH

BY EDGAR ALBERT GUEST (1881–1959)

When you're up against a trouble,
 Meet it squarely, face to face;
 Lift your chin and set your shoulders,
 Plant your feet and take a brace.
 When it's vain to try to dodge it,
 Do the best that you can do;
 You may fail, but you may conquer,
See it through!

Black may be the clouds about you
 And your future may seem grim,
 But don't let your nerve desert you;
 Keep yourself in fighting trim.
 If the worst is bound to happen,
 Spite of all that you can do,
 Running from it will not save you,
See it through!

Even hope may seem but futile,
 When with troubles you're beset,
 But remember you are facing
 Just what other men have met.
 You may fail, but fall still fighting;
 Don't give up, whate'er you do;
 Eyes front, head high to the finish.
See it through!



HALLOWEEN ACROSTIC POEM BY JOHN CRAIG

Happy Halloween
 Trick or TreAt
 Autumn Leaves
 Bats FLyIng
 GhOsts
 Witches
 Spider WEbs
 VampirEs
 PumpkiNs



SUPPORT GROUPS IN ENCINITAS

Scripps Memorial Hospital Encinitas offers three groups for people with brain injuries. These groups are free and open to anyone affected by neurological challenges. (Due to limited seating, registration is required.)

STROKE AND BRAIN INJURY SUPPORT AND EDUCATION GROUP FOR SURVIVORS AND LOVED ONES

Celebrate successes, discuss challenges, share solutions, and connect with others.

Held every second and fourth Tuesday, 2:30-3:45 pm in the Hospital Conference Center.



HEALING ARTS CLASS AND SUPPORT GROUP

- Enjoy self-expression through art
- Increase art skills
- Develop a new leisure interest

Art supplies are free for participants.

Held every second and fourth Tuesday, 4-5:30 pm in Activity Room of the Rehabilitation Center.



BRAINMASTERS: IMPROVISATIONAL SPEAKING GROUP FOR STROKE AND BRAIN INJURY SURVIVORS

- Want to improve your communication skills?
- Want to think quicker on your feet?
- Want to build self-confidence?

This fun, supportive, and interactive group will help you to reach these goals!

Held every Wednesday, 3-4:00 pm in the Rehabilitation Library.



For more information or to RSVP, contact Andrea Schwarb, schwarb.andrea@scrippshealth.org or call 760-633-6709.

Scripps Memorial Hospital Encinitas
Rehabilitation Center
354 Santa Fe Drive, Encinitas



FOOD IS LOVE BY JANE DE MARCO

Cooking in my family has always been an expression of love!

I can remember since I was a little girl, my grandma would have us grandchildren, and there are 44 of us, to her little red house on Sundays and holidays. There would be the mothers in the kitchen with her cooking up pots of sauce, and the men would be fishing for clams and mussels, and anything they can catch that day if they weren't singing, playing accordion or guitar. Us kids would be dancing around and eating wherever we could find a seat, on the table or on the porch. We would have red sauce (gravy) or white sauce (Alfredo) with pasta and fish.



Since I was 8 years old I have always wanted to be in the kitchen cooking with my mom. Mostly because I loved to eat! So I would of course have my fingers in the food before my 4 older siblings could smell it.

I would like to share our love for cooking with all of you! So I have included one of my favorite recipes. It has been passed down from family as well as close friends. I hope you enjoy the Butternut Squash Ravioli.

Mascarpone cheese and butternut squash filling

- 1-2 lb. butternut squash
- 2 tsp olive oil

Directions:

1. Preheat oven to 400 degrees. Cut squash in half, remove seeds, and drizzle with 1 tsp olive oil.
2. Place fresh side down on the baking sheet, and bake until very soft, about 40 minutes. Then cool for about 30 minutes. Spoon out into a bowl then add ingredients below.
 - 8-16 oz. mascarpone cheese
 - 1 ½ tsp. fresh sage leaves, minced
 - Salt and pepper to taste

Ravioli

- 8 C flour
- 1 Tbsp salt
- 2C warm water
- 6 eggs

Directions:

1. Combine ingredients and knead into a soft dough.
2. Separate into small mounds. Roll out into a thin sheet.
3. Spoon a teaspoon of filling in a row onto sheet 2" from the top, 2" apart.
4. Fold dough over filling, cut apart making "little pillows."
5. Seal edges with wet fork, and poke center with fork twice.
6. Place clean sheet on bed or table, lay ravioli in rows and let dry.
7. Cook ravioli in boiling water until "al dente."

Recipe yields about 96 ravioli.

To freeze ravioli, put in single layer on cookie sheets and place in freezer. Once frozen, remove from cookie sheets and place in freezer bags.

You can use a white light sauce on the ravioli and top with a few sage leaves and lightly toasted hazelnuts in brown butter or walnuts toasted in butter and brown sugar.

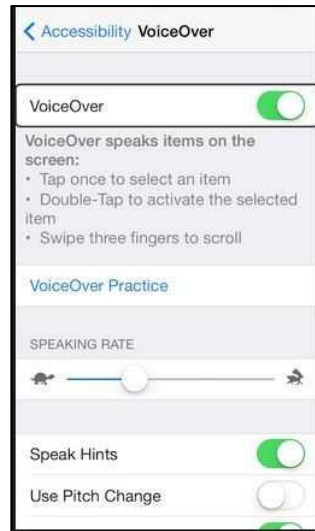
IPHONE ACCESSIBILITY FOR THE BLIND/VISUALLY-IMPAIRED BY CHRIS ANGUIANO

What does accessibility for the blind mean? Accessibility for the blind on the iPhone is a voice over program that allows blind users to hear the speech out loud as they touch the screen to navigate through their iPhone folders and icons.

How to set up Voice Over:

1. Use Siri to turn on Voice Over.
2. Go to Settings.
3. Go to General.
4. Go to Accessibility Shortcut.
5. Select Voice Over.
6. Press Home 3 times to turn on/off Voice Over.

iPhone Accessibility for the blind/visually-impaired is a learning process. Users should advocate for companies to set up Voice Over and not to leave the store without Voice Over set up on their iPhones.



A major problem is Apple failing to consider the blind/visually-impaired when upgrading their iOS software.

Apple should not only focus on updating software for sighted users but also for blind/visually-impaired users.

For example, a previous update deleted the letters under numbers for the number dial pad. But this is an important function for blind users who need to call numbers that include letters in them. Now, Apple has a 24/7 blind and hearing-impaired accessibility hotline (TTY): (877) 204-3930.

INSANE ENGLISH BY DAVE VALIULIS

Many of us have struggled to regain and relearn English. In doing this, we have faced the insanities or this crazy language. Here are just a few of them:

Crazy pronunciation:

- The bandage was *wound* around the *wound*.
- The farm was used to produce our produce.

Crazy spelling:

- The words *cough*, *rough*, and *though* don't rhyme, but *pony* and *bologna* do.

Crazy idioms:

- English is the only language where you can cut a tree down and then cut it up.
- How can both slim chance and fat chance mean the same thing?



MEDITATION FOR STROKE RECOVERY

After a stroke, it's common to feel tired and mentally fatigued. But a good meditation practice can help reduce this fatigue. Meditation for stroke recovery can also provide a wealth of other benefits.

Studies have shown that meditation can significantly help stroke survivors reduce mental fatigue during stroke recovery. With this side effect minimized, stroke survivors can devote more energy to rehabilitation exercises and boost motor recovery. More energy also means more opportunity to engage in social activities which can help reduce depression and anxiety.

The Goal of Meditation

To meditate, your only goal is to focus on the present moment without thinking. As a stroke survivor, accepting the present moment can be very difficult. As you grow your meditation practice, however, you'll find that you have an increased capacity to accept things as they are and find peace.

For more info, see

<https://www.flintrehab.com/2015/meditation-for-stroke-recovery>.

HOW TO MEDITATE BY PAUL V.

Meditation is beneficial for everyone. It is a spiritual thing, not a religious thing. Meditation can be for everybody, even for people with a stroke or brain injury. Meditation allows you to relax and to be quiet. You do not need to move your body. You only need your mind and your breathing.

A *mantra* is important for meditation. Some mantras are longer, some are shorter. You say the mantra over and over again. No matter how your brain is working, you can say the mantras to yourself.

How long you engage in meditation does not matter. Meditation does not have to take very long. Meditation is faster and easier to do when done often. It helps you to restart yourself before you do something new.



Steps for Meditation

1. Find a table to sit at or sit on the floor. (Personal recommendation: Round pillows and big black ones are nice to sit on.)
2. Sit in a quiet place.

Mantra

1. Choose a mantra. (Example: *Om Namah Shivaya*)
2. Say your mantra over and over again.
3. Try not to think of anything else but your mantra. The longer you repeat your mantra, the less you think of other things.

Length of Meditation

- It can take anywhere from 3 minutes, to 30 minutes, to an hour. Meditate for as long or as little as you want. The more you meditate, the more you feel in quietness and relaxed.