

The Wave

Riding the wave of more effective communication together



ARE YOU READY TO WALK FOR RECOVERY?

Help make this 10th annual walk the best celebration ever!

Every year the San Diego Brain Injury Foundation (SDBIF) hosts the largest gathering and celebration of brain injury survivors in San Diego. Survivors, family, friends, caregivers, and professionals join to honor the strength, effort and courage it takes to overcome the challenges of brain injuries; as well as celebrate and inspire those who are on their journey towards recovery.

This event is especially fun because it can involve your whole family, friends, and neighbors. It is a short walk (1.5 miles each direction) and any kind of walking is acceptable—with a walker, a cane, or being pushed in a wheel chair! No dogs or balloons are allowed. Service dogs are okay.



LOCATION: Mission Bay Park, De Anza Cove

DATE: Saturday, March 18, 2017

TIME: Registration starts at 8am and the walk begins at 9:15 am

INFO: walk@sdbif.org

<http://sdbif.org/event/2017-sdbif-surviveheadstrong-walk-for-recovery>

The registration fee for adults is \$25; persons with a brain injury can register for \$15. You will have a chance to pick up your T-shirt and get a team photo before the walk.



March is
**National Brain Injury
Awareness Month**

HIKING IN ARIZONA BY SCOTT KISSINGER

What did you do in Arizona?

We drove out to Arizona to meet people. First thing we did: We did a lot of hiking. The weather was fine, it wasn't bad.

What do you like best about Arizona?

It is really thorny. You have to watch where you walk because there is a lot of cactus.

Did you do other things in Arizona?

It was a quick deal and we were there for 2 weeks. There are places out there that are crazy looking. Some of the cacti were really thorny and tall.

Have you ever been to the Grand Canyon?

No, I haven't. I should do that.

What else would you like to share about this trip?

It's not that far and we go there whenever we want to. Marian drives to Arizona. She doesn't like to drive, which makes it worse to find hiking places.

There's quite a few places in Arizona like down in the canyons. There will be water down there. Everything is flooding. I used to take tennis shoes and put them on my feet and I would walk through the water. The light is booming off the walls of the place and makes it look nice.

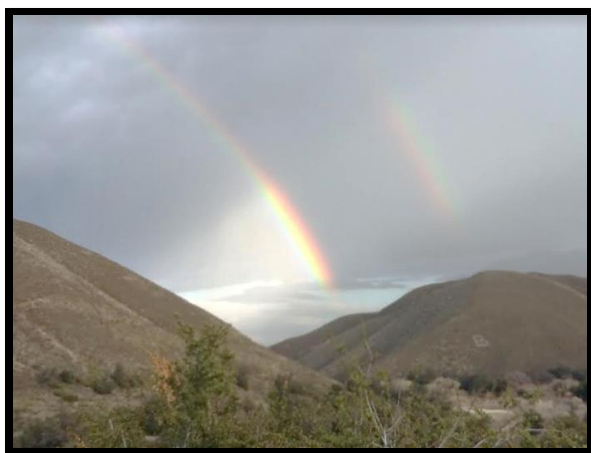


Tell me about the picture.

Those two bumps are really cool. They are cactus. That is a very rugged hike.

LIFE AFTER MY STROKE BY KEN GOSWICK

It's been almost a year and a half since my stroke. I start each morning with exercises to improve my strength and mobility.



Taken from Banner Grade



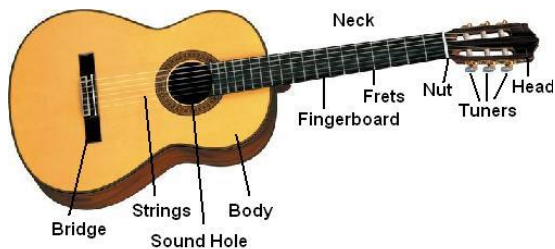
Morteros Trail at Anza-Borrego Desert State Park

"The desire is to walk and hike with confidence, looking ahead to the future."

GUITAR LESSONS BY TONY MUNOZ

Ever since I was little I've had a liking for the guitar. Now that I am older, I have decided to learn. I am taking lessons in Vista once a week on Sundays to learn how to play the acoustic guitar. Here is what I have learned in my lessons so far...

My **first lesson** was an introduction to the parts of the guitar. The *neck* is the long, skinny part of the guitar. On the



neck are the *frets*: those are the lines that tell you where to put your fingers. The strings run from the top of the neck to the *bridge* (bottom of the body). The hole is where the sounds comes out; it is called the *mouth*. All acoustic guitars have a mouth, but electric guitars do not. The biggest part of the guitar is called the *body*.

Before you start to play the guitar, you need to make sure it is tuned. You can use the app called GuitarTuna to help you. When you play the guitar, you hold the body and the neck, then you must press down on the strings with your left hand and strum the strings with your right hand.

My **second lesson** was learning how to play different notes, or chords. I learned how to play A(la), C(do), D(Re), E(mi), G(sol), Si(b7), A Major(lam), D major(rem), and E major(mim). To play each chord, you need to move your fingers into different positions on the strings. Sometimes my fingers get sore from pressing the strings, but eventually you'll get a callus which will make pressing on the strings easier and hurt less.

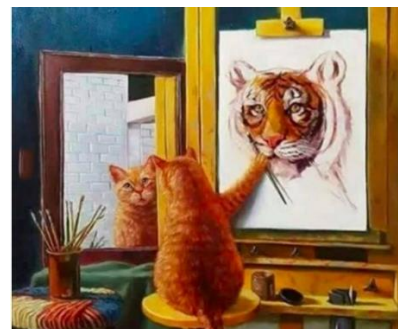
My **third lesson** we learned how to play a song. The first song I learned was "happy birthday to you." Even though it's a basic song, it's a good one for me to learn and practice. I try to practice for a half an hour every day.

I am glad I started to take guitar lessons because I have always wanted to learn. My goal is to learn a song and to be able to sing at the same time. I like playing the guitar because it's a challenge for me and I really want to master it. I would recommend learning how to play guitar because it is a lot of fun, and can be a good outlet for people.

QUOTE OF THE MONTH

Working hard is important.
But there is something
that matters even more:
Believing in Yourself.

- Harry Potter



CHAIR YOGA BY DEE FRANCK

Chair Yoga, along with mindfulness breathing, is a practice offering many benefits. It can help redirect our neuro pathways during times of sensory over-stimulation, frustration, and anxiety. Chair yoga can actually reframe our thoughts to promote healthy behavior as well as develop and improve the skills of concentration and focus; further guiding us to the present moment.

With chair yoga, there are exercises that can be done even if one side of our body is weaker. An individual can use one arm only, have the stronger arm help the weaker arm, or visualize both arms functioning. This will activate both mental and physical neurons. Visualization techniques are used by athletes often so imagine winning the race and visualizing your success.

Below are just a few simple but effective exercises. To complete these exercises, you can vigorously rub your hands together, warming the palms. Then place the palms over your eyes. Sit in silence and darkness, focusing on mindful breathing and healing thoughts to family, friends, and yourself. My heart is lifted, my mind is at peace!

NECK STRETCH

Drop the chin to the chest, letting the back of the neck stretch for a moment.



Move the chin side to side along the collarbone 10 times.

Bring head to the center. Turn head to the right with an inhale. Then to the left with an exhale. Repeat as needed.

SHOULDER SHRUG (tension release)

Looking straight ahead, raise both shoulders up toward your ears with a deep inhale and hold for 5 seconds.



Release back to the starting position with a forceful exhale.

Repeat 5 times.

CAT/COW

Seated with spine long plant both feet flat on the floor with hands on the knees.



On an inhale, arch your back, lift your heart, and drop the shoulders. This is cow position.

On an exhale, pull belly toward your spine, round the back, and let the shoulder and head come forward. This is cat position.

Continue moving between cow on the inhalations and cat on the exhalations for five breaths.

SCIATIC STRETCH

While seated, use your strong arm to assist.



Cross right leg over left knee. Allow it to hinge from the waist while bending forward, keeping chest up and back straight. Go only as far as you can go. Hold and for 5 breaths.

Repeat on other leg by crossing left leg over right knee.

MY STROKE BY JANE DE MARCO

It happened on December 31, 2015. I was in La Jolla when it happened. I was at my house. My sister woke up. I couldn't talk and she immediately called the ambulance. The ambulance took me to Scripps in La Jolla.

I stayed 4 weeks in the hospital at Scripps in La Jolla and then transferred to Scripps in Encinitas. I had tubes in my throat for three weeks and I couldn't do anything.

How has your journey been so far with your stroke?

The people here (at the clinic) have been living with their stroke for years. Dianne comes and gets me to cook at her house. I use one hand to cook. My friend Minerva is going to find out how to get a social worker to cook and clean for me.

How has the stroke impacted your family?

Before the stroke I lived by myself and took care of myself. In the beginning, my sister and my son lived with me. My sister moved out of my house. Now I only live with my son Miles.

What activities do you do to help you live with your stroke?

I walk everywhere. When it rains, I can't walk everywhere. I like to cook, but I can't do it anymore. I like to garden. I grow strawberries and tomatoes. I like to grow cilantro and basil.

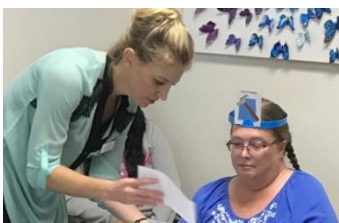
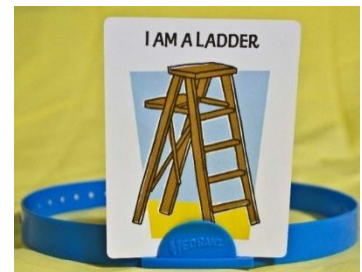


PLAYING HEDBANZ

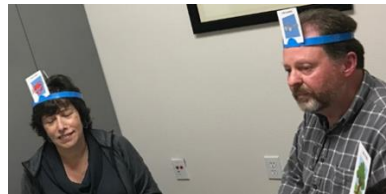
Hedbanz is a party game of "What Am I?" Players wear a picture card in their headband and then ask questions to figure out what they are.

Hedbanz is often used in speech therapy because it...

- improves receptive language (figuring out the clues given)
- improves expressive language (asking questions and word finding)
- improves interpersonal skills (because it's fun in a group!)



Allison Dougherty helps Heather



Jane and Ken contemplate their mystery cards



Randy helps Erich guess his card

VACATION PHOTOS BY BRUCE HEIMBACH

I love to take pictures at vacations, especially in the great, magnificent National Parks. I had to visited these places in three 3 seasons – fall, winter, and spring – fewer people and more serene! I took many photographs, – the place is magic. I can visit again sometime later, but for now – I view the pictures and absorb my memories.

Yosemite National Park – California

Below – A panorama with the Yosemite Valley and the Merced River. Half Dome with a little snow (black and white), both at February 2014.



Grand Canyon National Park – Arizona

The great canyon with peek in the Colorado River, April 2006 (above).

Zion National Park – Utah

Zion has tall walls with Navajo sandstone, separate with the Virgin River, both captured (below) in December 2013.



More pictures at::

<https://bruheim.smugmug.com/My-California/Yosemite-in-Winter/>

<https://bruheim.smugmug.com/Outside-California/The-Great-Red-Rocks-Road-Trip/>

<https://bruheim.smugmug.com/Outside-California/Zion-in-Winter/>

CARNIVAL IN TRINIDAD AND TOBAGO BY JOE MUTSCHELLER

One of my favorite trips was when I went to Trinidad and Tobago with a friend that I worked with. Trinidad and Tobago are two Caribbean islands that host a carnival each year just before lent.



At the carnival, people from each county come on stage to represent their home. They wear elaborate costumes and dance. Bands play music from their county. They are usually playing steel drums.



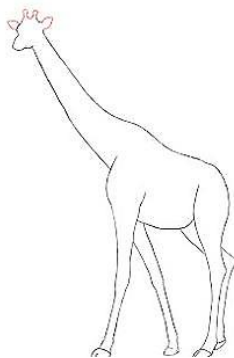
The carnival is very well attended; there is a big crowd! When I went, I stayed with my coworker's family and was able to visit both islands. I even have a relative that lives on Tobago. Cats were everywhere on the islands and the weather was hot.

SCRAMBLED WORD PUZZLE BY STEVE RAHE

Unscramble the following words, using the category as a clue. The first letter of each word is underlined.

Animals

1. odg
2. act
3. shore
4. ynoekd
5. igp
6. grfaefei
7. telphatne
8. kneasn
9. iohpp
10. tceolo



States

1. blmaaaa
2. slakaa
3. acliforni
4. nrego
5. rcldooaa
6. dolrfai
7. aianzor
8. uhat
9. ihawnsgotn
10. tcsmssuetthaas



HOW TO CARE FOR 'BLACK ROSE' SUCCULENTS BY HECTOR GONZALEZ

What color are the leaves?

Purple, red, green.

How much do you water this plant?

Not that much, about 1 cup of water, 2 times a week. It's easy.

How much sun should this plant get?

(This plant is) better to be indoors. It can get too cold (in winter) and too hot (in summer). And not that much sun (cool sun/ light shade).

How big will this plant get?

A little bigger but not that big (3 feet tall). It can grow out, but you can cut them and the ones that wilt. But it doesn't wilt easy. No big deal.

What more can you share about caring for this plant?

You can put it in a nice pot.



The Black Rose
(technically, *Aeonium arboreum* 'Zwartkop')

To plant a garden is to
believe in tomorrow.

~ Audrey Hepburn ~



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>