

The Wave



Riding the wave of more effective communication together

SOLAR ECLIPSE BY CATHY HEIZER

On August 21, 2017, there will be a total solar eclipse. A solar eclipse is when the moon covers the sun. We will see only darkness. The eclipse will be visible from Portland to the Carolinas. I will be visiting my sister, Linda, in Boise, Idaho.



This will be the first time a solar eclipse will be visible in the United States and no other country.



Path of the upcoming solar eclipse

STATES OF MIND BY STEVE RAHE

Lately I have been thinking about the different states. As I mulled them over, it stood out to me that the following states have names that are mostly vowels (50% or more): Utah, Maine, Colorado, Iowa, Ohio, Hawaii, Alaska

I found the following interesting facts about states:

- Levan, a city in Utah, is “navel” spelled backwards. It is so named because it is in the middle of the state.
- In Fruita, Colorado, the townsfolk celebrate Mike the Headless Chicken Day, in celebration of a chicken that lived for 4 years after having its head cut off.
- Hawaii is the only state that grows coffee.



SUMMER RESTAURANT RUMBLE! BY JOE MUTSCHELLER, DANA WALKER, & JIM YOON

Summer is on its way, and everyone's tummies are rumbling. So the restaurant experts in the morning clinic decided to give you their favorite restaurant recommendations.

Dana's Restaurant Recommendations

- Restaurant: Famous Dave's Bar-B-Que
 - Type: Barbeque
 - Locations: Temecula, Irvine, Santa Ana
 - What to Order: The Ribs
 - How You'll Feel After: I need another rib!
 - Dana Says: "If you love barbeque, you don't need anything else."
 - Rating: 5 stars ★★★★★
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- Restaurant: Nice Food Restaurant
 - Type: Chinese
 - Location: Escondido
 - What to Order: The Jalapeño Chicken
 - How You'll Feel After: Full
 - Dana Says: "The egg drop soup takes a half hour to eat because it's so hot and delicious."
 - Rating: 4.5 stars ★★★★½



Jim's Restaurant Recommendations

- Restaurant: BJ's Restaurant and Brewhouse
 - Type: American
 - Locations: Carlsbad, Mission Valley, La Jolla
 - What to order: The Brussel Sprouts with roasted sriracha sauce
 - How You Feel After: Good
 - What Jim says: "Yummy!"
 - Rating: 5 stars ★★★★★
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- Restaurant: Subway
 - Type: American Fast Food
 - Locations: All Over
 - What to order: The Italian Hero Footlong
 - How You'll feel After: Healthy
 - What Jim Says: "It's a healthy place for fast convenient food."
 - Rating: 4 stars ★★★★

Joe's Restaurant Recommendation

- Restaurant: Fidel's Little Mexico
- Type: Mexican
- Location: Solana Beach
- What to Order: The tostada and lots of hot sauce
- How You'll Feel After: Your body will have to get rolled out of the restaurant.
- What Joe Says: "The healthy salsa is excellent!"
- Rating: 5 stars ★★★★★

ZEN GARDENS

On Thursday, April 13th, clients in the afternoon group therapy session created their own Zen gardens as a form of horticultural therapy. The base of their gardens consisted of a miniature sand art terrarium of different colored sands. The clients then chose their own air plants to place in the sand. Finally, they decorated their gardens with inspirational stones.



Using plants and gardening for wellness:

Anyone can benefit from caring for plants and gardening.

Working in nature can achieve various physical, social, cognitive, and mental and emotional benefits as well as discovery and awe (see right).



Physical benefits:

- Decrease stress
- Improve fine and gross motor
- Improve eye-hand coordination

Social benefits:

- Increase social interaction
- Increase social integration
- Improve group cohesiveness

Cognitive benefits:

- Improve attentional capacity
- Stimulate memory
- Improve goal achievement

Mental & emotional benefits:

- Improve quality of life
- Increase feelings of calm and relaxation
- Reduce stress
- Decrease anxiety

Discovery & awe

- Increase sense of community with nature
- Sense of fascination

BORREGO SPRINGS BY SCOTT KISSINGER

Q: When do you like to go to Borrego Springs?

A: "When it's not too hot!"

Q: When was the last time you went?

A: "Not too far back...maybe a month ago."

Q: Why do you like to go?

A: "Just to get out to the other parts of it and get away. Marian and I went to go see the flowers. There may not be a lot there because they might be gone."

Q: How often do you go?

A: "We try to go every month and we go and see a spot and more things around and kinda relax. It's a really nice place! The place is pretty big, so you have to watch out."



CONVERSATIONS ABOUT...



ABOUT GARDENING:

- One of my favorite things about it is being outdoors and watching things grow - **Randy**
- I like the fact that anything can grow here (Southern California); I grew up in Illinois where only 4 or 5 months of the year were good for gardening - **Dave**
- It's all I've been doing all my life; I grow different things right now; I can sell them too; I like to watch them grow; it has helped me a lot after my injury, and I'm doing a lot better now - **Hector**
- I like to plant too; there is a shade tree I like to plant called a Cottonwood/ Poplar tree; when they grow up if there is a certain branch you like that is long and nice you can cut that branch and you can just stick it in the ground somewhere and it will grow and live – **Tony**



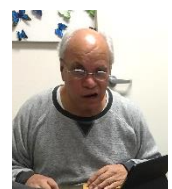
Tips about gardening:

- Be patient - **Randy**
- Plant it and see; if it dies don't plant it again, plant something else! -**Dave**
- I like to grow little ones that I cut and fix around; I grow a lot of different things; I just got three today; I grow tomatoes -**Hector**
- I am mostly focusing on fruit trees; my veggie garden is becoming a weed garden so I have to pull all of the weeds -**Randy**
- I like all kinds of cactus, but my favorite is a type of plant called Euphorbia. It is a genus and there are thousands of species of it – **Dave**



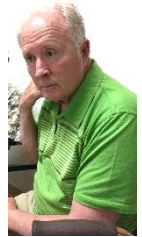
ABOUT VACATIONS AND TRAVELING:

- I went to Ireland; my wife and I and my youngest daughter went for her graduation present; I liked being in another country that was different from the US - **Randy**
- I have also been to Ireland: I liked the fact that every hillside is green and mowed by the sheep - **Dave**
- Me and my wife went to the Grand Canyon and I really liked it; we went last October; we stayed in a little town called Williams and from there we took a train to the Grand Canyon and there was a bus waiting for us and the bus took us all over the Grand Canyon to different sites and then they brought us back to the train and we went back to Williams, Arizona; on the way back we got mugged by some fake robbers that were on horses on the side of the train! The train stopped and they came on the train and said, "Hey we want your money!" It was just a show – **Tony**
- My favorite vacation was Hawaii; that was my favorite; we went to the North Shore; I went surfing and snorkeling and I saw Sea turtles – **Norm**
- I've been to Hawaii too- **Hector**
- I went to Ireland a long time ago for work. I was there for 2 weeks. I loved it because it was so green. When I was there I drank Guinness; it was really good. Ireland had scattered clouds and was humid. The weather was nice for vacation but not for forever. – **Mark**
- I am going to go to Greece in June with my sister and her family; we are going for a week; we are staying in Athens and then we can go around – **Dave**
- I went to Malta in 2012. Went around the city with my brother We stayed in my brother's house. He lives there now. Went swimming and the water was really warm. Went shopping to buy shirts and souvenir items. – **Jane**
- A long time ago I went to Holland with a boyfriend. The best part about Holland is that there are tulips everywhere. It rained a lot while I was there, but I enjoyed that. In Holland, they have delicious food. I liked to eat Lumpia when I was in Holland. I also tried a variety different liquors while I was in Holland. - **Heather**
- I went to the Grand Canyon in Arizona with my my wife, Cheryl. We hiked every day. We stayed in a hotel there; I used to stay in tents. I like going to hike up high and far and listen to the wilderness. – **Ken**
- Traveled across the United States. Started to travel in 1986 with my wife, Nancy. We were in Mississippi for 3 years, Tennessee for 6 years, Georgia for 6 years, Arkansas for 3 years, and South Carolina for 3 years. We stayed in trailers and traveled to these states to share our ministry. – **Ottis**
- I like Vail, Colorado. I enjoy vacationing in the snow. When I lived in Vail, I enjoyed skiing at the ski resort on the mountain every day. I like to build snowmen and look at all the trees around me. I even skied through the trees. – **Frank**
- I travel to places near Mammoth. I like to go hiking in Summer, for vacation for a little longer than a week. I take an annual trip with my brothers, 3+ hours away with hiking and fishing, and sleeping out under the stars. – **Scott**
- I went to Edinburgh, Scotland for vacation with my brother, Bill. We were there during the fall, so it was really cold. I loved the views there, anywhere you go in the city you have a view of the castle. We got to go inside the castle and see the site where the King was murdered. I enjoyed the beer, especially, McEwan's which is a dark beer. I ate Haggis when I was there, but I will only eat it in Scotland. Also while we were there, we saw the Changing of the Guard. They played the bagpipes and had a big ceremony; it was beautiful. – **Paul**



ABOUT OUR CHILDHOODS:

- I grew up in Colorado Springs and lived there all my life; I liked the weather there. I had 4 siblings (3 boys and 2 girls). I was the second child; we were all well behaved (*laughs*). We didn't have any pets. -**Norm**
- I liked to perform as a child; I did gymnastics. I also liked to ride horses and liked to fish -**Norm**
- I also did a little bit of fishing; some deep sea fishing in the ocean -**Tony**
- My dad used to take me out fishing but I didn't like it; I had to put the worms on the hook and I didn't like it! – **Dave**



ABOUT TECHNOLOGY:

- I remember when my family got a Touch Dial, I was so neat; I used to play music; I was 7 or 8 -**Dave**
- I remember color TV when it came in; I had to go to my friend's house for the color TV - **Randy**
- I had ABC, CBS, NBC on the TV when I was growing up - **Norm**
- I don't like spam and viruses - **Dave**
- I like technology; I'm hoping to get back using it again like searching the internet - **Randy**



ABOUT OUR FAVORITE RESTAURANTS/FOODS:

- Italian Food. Pasta Dishes. Bon Appetitos in Little Italy - **Jane**
- Mexican Food. Nachos, Taco Shops - **Ken**
- Meat. T-Bone Steaks; Outback Steakhouse - **Ottis**
- Anything healthy. "I haven't been to a restaurant in 20 years." - **Scott**



ROADTRIP! BY NOEL LAUE

This summer, Noel will be traveling in an RV across the country with his wife, Kaela, his 17-year-old daughter, Noelle, and his three grandchildren (ages 8, 10, and 16).

They will be gone for a month, stopping in Idaho, South Dakota, North Carolina, South Carolina, and Texas. During all of their stops, they will visit with family. Their very last stop will be to see Dave, Noel's friend from childhood, who he hasn't seen in over 30 years!



SPRING WEEK VACATION BY BRUCE HEIMBACH



On spring week, we visited to a new place -Louisiana. Marie and I toured in the “big city” New Orleans, and the “small place” Avery Island.

We bought a case of Tabasco (I really like Tabasco with food).

I picked some photographs to experience the vacation to share. Two photos including near the downtown hotel, old building and new, experience the 'flavors' and 'character'. Five more photos with the Avery Island. A beautiful place there, great nature... the land, the plants, the animals.

Enjoy.



STRIKING A CHORD – SHARING MUSICAL INTERESTS BY ANTHONY AVITABILE

I recently had the opportunity to sit down with one of my clients, Gerry Ochoa (right), and another client, Dave Marshall (below). The goal was to discuss music, share stories, and to find some common ground between two amazing men that now face the daily challenge of, to put it plainly, getting their words out.

Gerry immediately reminded me of some of his favorite bands which included Metallica, ACDC, and Vicente y Alejandro Fernandez. When he mentioned another one of his favorite bands, The Doors, Dave lit up and fervently agreed with that pick. Admittedly, Dave wasn't quite on board with the first three bands as he is a bit older than my friend Gerry.



The two men then found a shared interest when Dave indicated to me that he used to play the guitar and teach guitar lessons. He also told me that he was taught by a friend and was partially inspired by famous guitarists such as Chet Atkins, Eric Clapton, Les Paul, and Andres Segovia. Meanwhile, Gerry was cooking up his own list of famous guitarists that included Jimi Hendrix, Slash from the band Guns N' Roses, Carlos Santana, and Angus Young. With Dave's help, I also learned that Gerry's grandfather was an avid guitarist and taught some of Gerry's uncles and cousins to play.

In addition, they both passionately conveyed their distaste for Rap and Disco music but agreed that some Country Music and some Jazz is okay every now and then. Both men also admitted to wearing bell-bottomed jeans and wavy, puffy shirts in the late 60's and 70's. However, neither one seemed interested in providing pictures.

Needless to say, they kept me quite entertained as I found out more about their lives. In fact, Gerry told me a story about how he used to iron creases into his shirt, fold it neatly over one forearm, and walk shirtless for over an hour to his girlfriend/wife's house and put it on just before he got there in order to keep the shirt from getting sweaty. His wife, Consuelo, told me she used to watch him come down the street from her bedroom window and she and her friends thought it was so cute.

All of this sharing came about because each of them chose to discuss music as a topic for our newsletter and I'm so glad they did. It was such a pleasure being able to help two amazing gentlemen connect on something like music. It is easy to take for granted our ability to share interests and connect with others without much thought or effort. We can forget that, sometimes, two people with speech or language impairments are just a facilitated conversation away from connecting with each other and realizing that they have so much in common.

TRAVELIN' JOE'S TRAVEL CORNER BY JOE MUTSCHELLER

Ko Samui (also written Koh Samui) is an island of Thailand you may want to travel to. I went once with my wife a long time ago and had a very relaxing vacation.

There are a lot of backpackers and young kids traveling there, definitely not anyone wearing a suit! Everyone who comes sleeps on the outside edge of the island, then they all gather in the middle community area for meals. The island has beautiful water that is warm for swimming. You can rent boats, and relax sitting in the shade of a tree. The prices here are very reasonable.



GARDENING ADVICE BY MARY DOLNIK AND PAUL VANDER PLOEG

What do you use for fertilizer?

Mary: You can use coffee grounds and put it all around the garden and mix it in! My roses love it!

Paul: There are all different types of fertilizer. In the Epiphyllum society we make a fertilizer by mixing potting soil, perlite, coir, worm castings, and bone meal.

What advice do you have for people new to gardening?

Paul: Try cactuses and succulents. Because of the drought, it is good to use plants that don't take a lot of water.

Mary: Yes, they are very pretty and you don't need a lot of water. With plants, you have to make sure not to water them too much or too little.



What types of flowers do you recommend?

Mary: Roses are good because you don't have to do a lot of work after you plant them.

Paul: You can buy beautiful flowers in all colors from the Epiphyllum society. We are having a mother's day flower sale in Balboa park. Bulbs are easy too; you should pull them up and let them dry, and then you can put them in next year.



Where are the best places to buy gardening supplies?

Paul: Green Thumb Nursery on San Marcos Blvd. is a nice gardening store. You can buy fertilizer, plants, and even fish!

Mary: Home Depot is also a good one.

Are there any famous gardens we can visit?

Paul: The Huntington Library near Pasadena has a beautiful garden. It has been there around 100 years!

Mary: The Carlsbad Flower Fields are also very beautiful. They have a flag made from flowers. You can go up in the tower to view the fields from above.

SPIDER VENOM MAY OFFER STROKE THERAPY

A bite from an Australian funnel web spider can kill a human in minutes, but a harmless ingredient found in its venom can protect brain cells from being destroyed by a stroke, even when given many hours after the event. And it works (at least, in rats) for both types of strokes – ischemic and hemorrhagic.

If the compound fares well in human trials, it could become the first drug that doctors have to protect against the devastating loss of neurons that strokes can cause.



One of the deadliest spiders in the world could be the next breakthrough in stroke therapy.

FREE YOGA FOR THE TBI COMMUNITY

Love Your Brain Foundation is a non-profit organization that aims to improve the quality of life for people affected by brain injury. It was started by former pro snowboarder Kevin Pearce to promote community and foster resilience.

After Kevin suffered a traumatic brain injury (TBI) in 2009 while training for the 2010 Winter Olympics. As part of his recovery, he attended a yoga class.

There, he quickly realized the potential of the practice to transform people's healing processes, both physically and through its communal aspect.

Its mission statement:

“By assisting people who've been affected by brain injury through our programs of LoveYourBrain Yoga, LYB camp, and our developing educational curriculum, we believe our efforts will lead to a healthier and happier world!”



The LYB Yoga program consists of a 6-week series, free for people who have experienced a TBI and their caregivers. Each class is 90 minutes and integrates breathing exercises, gentle yoga, guided meditation, and facilitated group discussion. The program is being offered locally at two locations– Carlsbad Village and downtown San Diego.

To find out more information and to register:
<http://www.loveyourbrain.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>