

## The Wave #36



*Riding the wave of more effective communication together*

### PLACES I'VE LIVED BY CHARLIE SHEPHERD

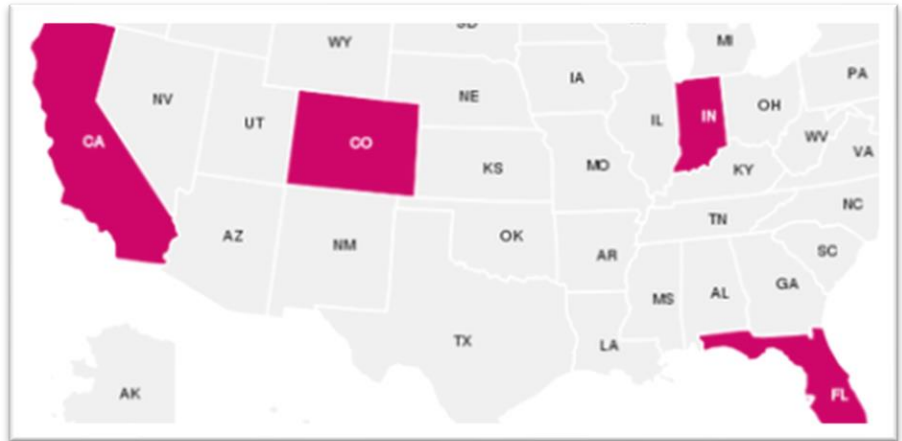
I was born in **Indiana** and lived there into my twenties.

After Indiana, I moved to **Colorado**. Colorado has a lot of mountains. I lived there for a long time. When I lived there, I helped build houses. I was in construction.

Next, I moved to **Florida**. It was very hot there. Then I moved back to Indiana and lived there for a long time.

I moved to **California** and was injured. Then I moved back to Indiana before returning to California. I've lived in California ever since.

Of all the places I've lived, Colorado was my favorite because it was so beautiful.



### RAJA'S FAVORITE SONGS BY RAJA GHUSSEIN

I love to listen to music. Here are two of my favorite Arabic songs that I hope you enjoy as well!

شكرا (Thank you!)

Artist: Umm Kulthum

Songs: *Amal Hayate* and *Alf Leila We Leila*



## NOW STREAMING...

*Gabby Giffords Won't Back Down* tells the extraordinary story of former Arizona Congresswoman Gabby Giffords, her relentless fight to recover following an assassination attempt in 2011, and her new life as one of the most effective activists in the battle for gun violence prevention and in promoting understanding of aphasia.

See the trailer here: <https://www.youtube.com/watch?v=9FhIFKwE45Y>.

Now available to watch at home on Apple TV.



## 12 GROOVY TUNES BY NICK

*Feel the vibe, listen closely, and tune in.*

1. [Another Blessing](#) by Prince Tai
2. [Bed on Fire](#) and [Simple Things](#) by Teddy Swims
3. [Beautiful Crazy](#) Luke Combs
4. [Come Around](#) by Hoodie Allen, Christian French
5. [Love Ride](#) by Christian French
6. [You](#) by Dan + Shay
7. [Good as You](#) by Kane Brown
8. [You Proof](#) by Morgan Wallen
9. [One Thing Right](#) by Marshmellow, Kane Brown
10. [One Man Band](#) by Old Dominion
11. [Cool Again](#) by Shoffy
12. Good Time by Niko French



## RAISING AWARENESS FOR TBI RECOVERY

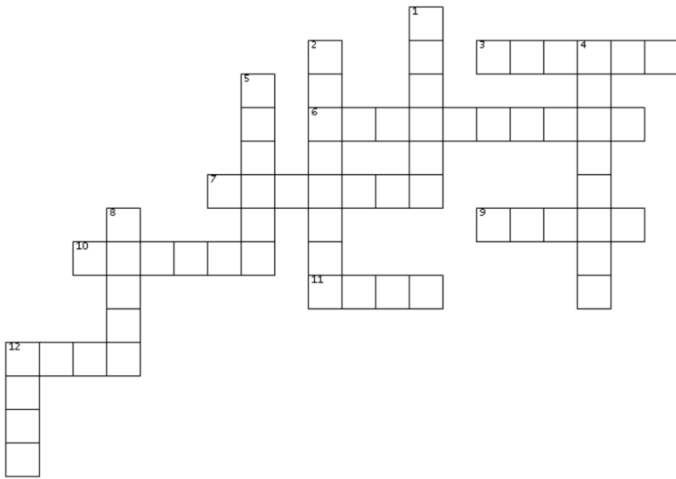
On March 18, 2023, the brain injury community will unite at the surviveHEADSTRONG event at Mission Bay Park De Anza Cove sponsored by San Diego Brain Injury Foundation.

This annual walk celebrates all the brain injury recovery achievements made over the past year.

More info at <https://sdbif.org/events/2023-sdbif-surviveheadstrong/>



## BASEBALL CROSSWORD BY S & T



### Down

1. What team won the World Series in 2022?
2. What is the last name of the first African American Major League Baseball player?
4. What is the oldest baseball team?
5. How many feet are there in between bases?
8. How many strikes until you are out?
12. How many balls does it take to be walked?

### Across

3. What is the name of San Diego's Major League Baseball team?
6. What is the name of the player that has hit the most homeruns?
7. What is a classic ballpark snack?
9. What is the name of the baseball stadium in San Diego?
10. How many Major League Baseball teams are there?
11. How many innings are there in a baseball game?
12. How many Major League Baseball teams are there in California?

**Across:** 3. *Padres*, 6. *Barry Bonds*, 7. *Peanuts*, 9. *Petco*, 10. *Thirty*, 11. *Nine*, 12. *Five*

**Down:** 1. *Astros*, 2. *Robinson*, 4. *Red Socks*, 5. *Ninety*, 8. *Three*, 12. *Four*

- ☺ What has 18 legs and catches flies? (*A baseball team*)
- ☺ Where do catchers sit for lunch? (*Behind the plate*)
- ☺ Why are baseball games at night? (*The bats sleep during the day*)



## MY ART BY MICHAEL MORALES

I hope you enjoy looking at this artwork as much as I enjoy making it!



## GARDENING TIPS BY BRIDGETT DESONIA

### How to pick the perfect spot for your home or community garden.

First, you will want to choose a location that has a water spigot and the right space for your garden. The community garden is best if you are living at an apartment complex. The San Diego Community Garden website is located at <http://sdcgn.org/>. If you own your home, pick a place where you have a lot of sun. If you experienced a TBI or stroke you may want to have your garden in a raised bed, so it is easier to pick the vegetables and water while standing. It is good to carry a basket with you to put the crops you have harvested in. Noemi, my student and friend who lives with me, has a garden closer to the ground because; not like me, she is non-affected by a stroke. If you have wall space, a vertical tower is right for you.



### What will grow in the Springtime?

Lettuce and kale are easy vegetables to start with. They can grow in the winter and spring time. These crops grow fast! Chard is another easy vegetable to grow in your home garden. You can harvest the chard, boil the vegetable, and enjoy! Peas, spinach, and strawberries are also easy fruits and vegetables for starting your spring garden!

### How to keep your crops safe from pests?

Non-harmful pesticides for your garden include neem oil, lady bugs, and praying mantis. They can protect against aphids and other pests. Warning! Lady bugs won't stay long in your garden after killing the pests. They tend to fly to another garden to find more food. Praying mantis' will stay in your garden for an entire year, lay their eggs, and return for the next spring to protect your garden!

## A LOVE LETTER TO MY MOM BY REGGIE LOEZA

*Dear Mom,*

*I miss your sense of humor.*

*You gave me good life instructions: live life to the fullest and treat others kindly.*

*Not a day goes by when I don't think of you.*

*I remember your chili rellenos.*

*I remember how we always talked, and we would visit tons of museums.*

*I miss you, mom. I love you to the moon and back.*

*See you in Heaven.*

*Love,  
Reggie*



## LAMONT'S SPRING-WORKOUT GUIDE

Working out makes you feel good. It relieves stress. It also makes me sleep better and keeps me in shape! I work out at home because it is convenient for me with everything going on in the world today. But you can also workout at a gym if you are able to. I like to listen to oldies when I work out because it makes me feel relaxed and it is soothing to my mind. Try it and you will love it. I guarantee!

### Spring Arm Work Out

- Have a healthy diet and drink a lot of water.
- Start off: Grab weights if you can.
  - ✓ 5 concentration arm curls to each arm. Go slow to feel it.
  - ✓ 5 triceps extensions above the head, each arm
  - ✓ 5 incline bicep curls to each arm
  - ✓ 5 twisted dumbbell curls to each arm

Important: be consistent with your workout! Keep increasing the number of reps as you get better!



## GYMNASTICS BY NORM BISHOP



I started doing gymnastics at 8 years old. The Ringling Bros. and Barnum & Bailey Circus came to town every summer. They were looking for a trapeze artist and I started training with them. I performed with the circus for 5 summers.

In high school, I was a part of the Palmer High School Boys Gymnastics Team for all 4 years. I received a full-ride athletic scholarship for gymnastics at Colorado State College. My specialties in gymnastics are the trampoline and high bar.

In college, I competed at the national level (NCAA) and won silver medals. I was able to travel throughout the nation for competitions.

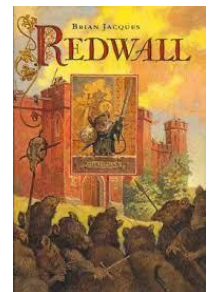
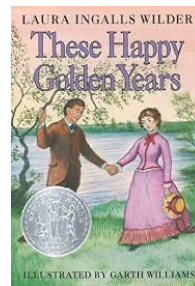
After college graduation, I started teaching physical education and coached the high school's boys' gymnastics team.

## READING BY OLIVIA CARRILLO

My name is Olivia Carrillo. I had a stroke, I used to be a certified nursing assistant. I am from Mexico. My first language was Spanish. I had to learn English at 4 years old. In first grade, I was in the Gifted and Talented Education (GATE) program and started reading chapter books. I enjoy reading before and now because it helped me learn English. When I had my stroke, I had a hard time speaking Spanish. I had a hard time understanding my parents and in-laws. After my stroke, reading English and Spanish books helped me recover.

My Book Recommendations:

- *Harry Potter and the Sorcerer's Stone* by J.K. Rowling
- *The Queen of the Damned* by Anne Rice
- *Redwall* by Brian Jacques
- *Anne of Green Gables* by Lucy Maud Montgomery
- *The Queen's Gambit* by Walter Tevis
- *These Happy Golden Years* by Laura Ingalls Wilder
- *The Poetry of Pablo Neruda* by Pablo Neurda
- *To Kill a Mockingbird* by Harper Lee



## GRANDMA GERTRUDE'S RICE PUDDING RECIPE BY JANE

I make it for Easter. It is a "poor man's dessert." My childhood friend Cindy and I would eat it a lot growing up. Cindy and I were friends from 3rd grade-12th grade.

Grandma Gertrude would make rice pudding every month. We would go out with my grandpa and patrol around town because he was a patrol cop. When we got home, we would eat the rice pudding Grandma Gertrude made.

1. Combine half a gallon of milk, one half a cup of sweetened, condensed milk; and one cup of rice into a pot.
2. Cook for about one hour until the rice is softened.
3. Lower the heat, stirring it occasionally.
4. Remove from the heat.
5. Add two eggs, one cup of milk,  $\frac{3}{4}$  cup of sugar, and one teaspoon of vanilla. Let it simmer. Then put the rice pudding into a Tupperware, and sprinkle cinnamon on top.



**Note:** On Sunday March 12, you will lose one hour of sleep due to the start of Daylight-Saving Time.



## MY ART OF CLIENTS BY STEVEN MCKINLEY

I never looked at my life until I began with death.

Barb and I were on vacation in November 2019 on Kauai Island in Hawaii. Barb was shopping while I was at the hotel learning my Ukulele lesson. We were happy!

I finished my lesson, and I became sick on my way to pick up Barb. We got into the hotel and then Barb decided later to help us get into the local hospital. We had to wait in the emergency room, and they found me passed out. They took me into the IC unit. It was late, so she had to come back there in the morning. When she came in, she found out that I had surgery on the island O'ahu. My wife was shocked!

I was passed out for 2-3 weeks and she needed to go to O'ahu, then to San Diego, and back to O'ahu. Things she never had to do! She had Human and Spiritual problems while praying!

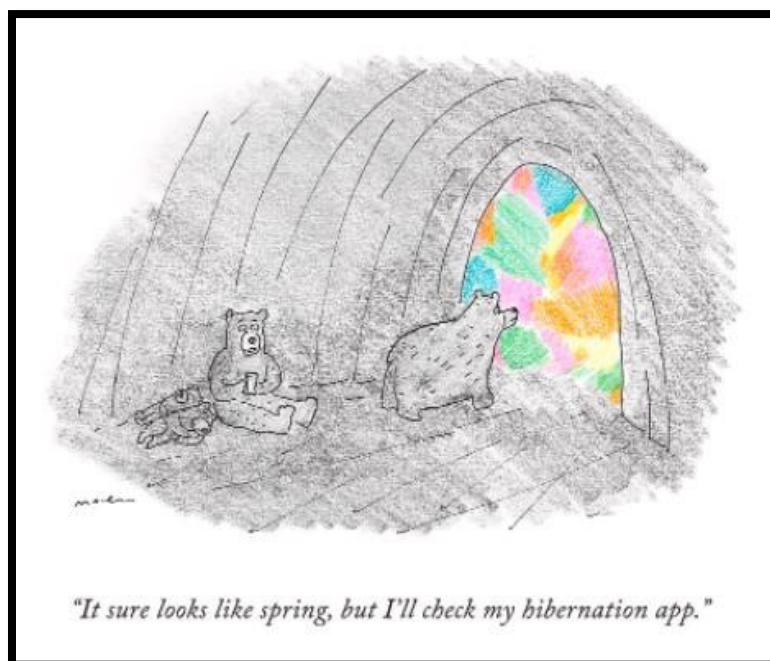
I now have aphasia: eyes not focused left versus right, speech not working very well, cannot do the electrical engineering I used to do.

For me, death brings new thoughts that I never had before. Were they dreams of human or spiritual life or both? But I had dreams! Finally, got out of these dreams but now have new problems. Not easy ones, but God provides!

I look at the people who are teaching me in this photo from "The Wave." Do you see who is there? Amy, Anabelle I see, and others Andrea, Raylene. Do you see ways that they help me every time in different ways? But what else do they think beyond death?



Things to think about....



## BASEBALL AND FOOTBALL CARDS BY FRANK LUSSIER

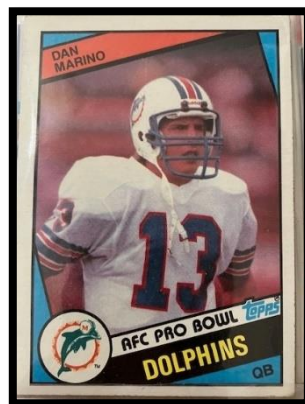
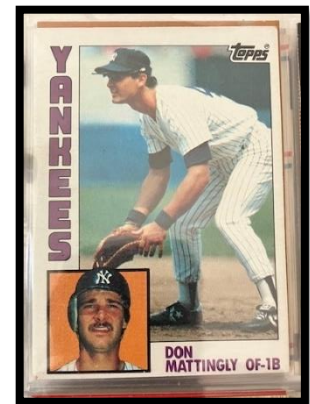
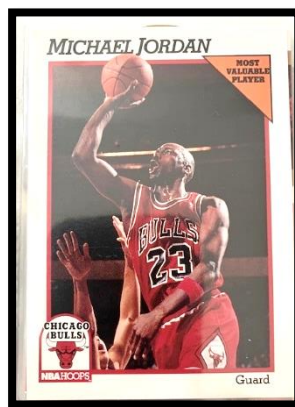
I like to go and look for baseball and football cards. I like to get baseball and football cards signed. I was 10 years old when I bought my first football cards. I was 15 years old when I first got a baseball card.

My favorite teams are the Miami Dolphins and the New York Yankees. My favorite players are Dan Marino from the Dolphins and Don Mattingly and Derek Jeter from the Yankees. I like Michael Jordan because he was in the Carolina's and I know his cousin from years ago. That's why Jordan has cards that I can look at.

The Padres and the Chargers have been signing my cards for years. We see them all the time, so that was a good find. Junior Seau and Eric Weddle were on the Chargers. They have signed for me. Trevor Hoffman of the Padres signed my card.

I have a lot of fun looking at my football and baseball cards because it's relaxing. I recommend that you do the same thing.

Name	Year	\$
Elway, John	1984	\$95
Brady, Tom	2002	\$80
Marino, Dan	1984	\$80
Brady, Tom	2002	\$54
Johnson, Randy	1989	\$40
Sanders, Barry	1989	\$40
Thomas, Frank	1990	\$35
Favre, Brett	1991	\$30
Mattingly, Don	1984	\$30
Smith, Emmitt	1990	\$25





## GLASS EXPERIMENTS BY BRUCE HEIMBACH

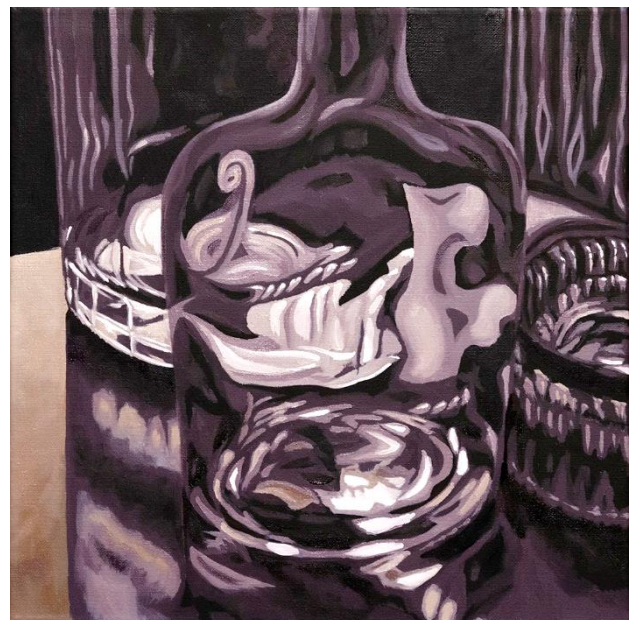
I love glass, especially containers and bottles.

All of the glass are man-made. Glass is produced in factories; many types of glass products are designed for engineering, storing, transporting, and art.

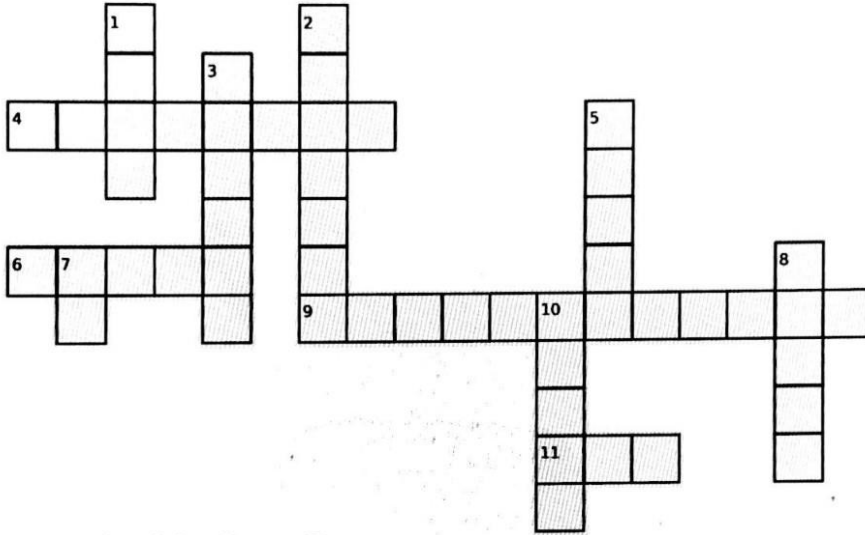
I'm so curious and fascinated about bottles and glasses with refractions (bending the light), distortions, and illusions.

Now I'm recording my thoughts in a visual way (photos, drawings, and paintings).

The art part of glass compares to a type of therapy. When using a tedious, thoughtful, and careful way, it connects your eye, mind, heart, and hands.



**HOUSEHOLD ITEMS** BY AL, CHRISTINA, KEVIN, JOHN, AND MICHAEL



Across:

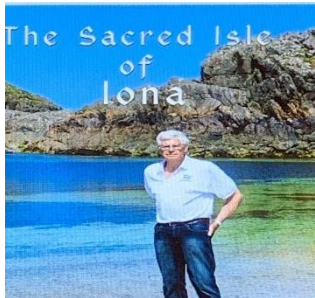
- 4. You put your garbage in it and can be in multiple rooms
- 6. Used to cook in the kitchen and shaped like a box
- 9. Shaped like a rectangle and keeps food cold in the kitchen
- 11. Found in the bedroom and you sleep on it

Down:

- 1. Located by the sink and is used to wash your hands or dishes
- 2. Used to cook bread in the kitchen and is small
- 3. Where to clean yourself and wash your hair in the bathroom
- 5. Where you eat in the dining room with chairs around it
- 7. In the living room and where you can watch movies, TV shows, or Netflix
- 8. Found in the living room and you sit on it
- 10. A round map found in some home offices



**THE ISLAND OF IONA** BY MICHAEL CAMPBELL

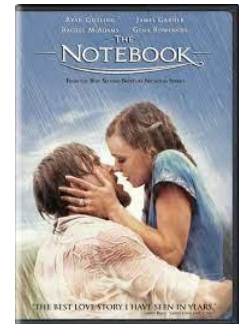


From 1963 to 1966, I attended Leicester University for my master’s degree in geology. I spent two years making a geological map of the Isle of Iona for my thesis. When I chose the Isle of Iona, the department told me that it was going to be too difficult to get to the island from my home in London, but I was adamant about going. I spent every Christmas, Easter, and Summer on the island unraveling the 2 billion years of geological history of the rocks.

After completing my thesis, I returned to the island many times. In 2016, 50 years after completing my thesis, I returned to the island but this time as a professional photographer. I created a photographic book about the Isle of Iona. For more information visit <https://www.michaelcampbell.com/>.

## MUST-SEE MOVIES BY JESSICA

1. Man on Fire
2. Grown Ups
3. The Notebook
4. Sixth Sense
5. John Q
6. Ghost
7. Apocalypse
8. Speed
9. Face Off
10. Dumb and Dumber
11. The Shawshank Redemption
12. Con Air
13. Grease
14. The Shining
15. The Help
16. The Bone Collector
17. 50 First Dates



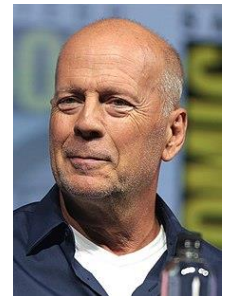
## SLP CORNER: BRUCE WILLIS AND PPA

Nearly one year after the family of Bruce Willis first told the world he was suffering from aphasia, they have clarified the diagnosis as Frontotemporal Dementia (FTD).

This is what most people in the speech pathology community were suspecting, as his symptoms were consistent with a diagnosis of Primary Progressive Aphasia (PPA), a type of FTD.

Frontotemporal dementia affects younger people and has no cure. The Willis family hopes to bring greater awareness to this devastating disease, and with awareness, research, and treatments.

We thank this family for bringing the word *aphasia* into the news last year, and now for their bravery in raising awareness about FTD and PPA. Head to <https://www.theaftd.org/> for more information.



**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>