

The Wave



Riding the wave of more effective communication together

DEALING WITH APHASIA – WITH POETRY

In a recent newsletter from *StrokeConnection* magazine, there was a remarkable article about an Aphasia Poetry Bash which took place in 2018 in St Petersburg, Florida. <http://strokeconnection.strokeassociation.org/Winter-2019/Poetic-Expressions-of-Living-with-Aphasia>



Here are some poems that were shared that day:

An Acrostic about Aphasia

- A** - Always thinking of a way to speak
- P** - Puzzled that this happened to me
- H** - Hopeful that I will get better
- A** - Assumed to be dumb, stupid or drunk
- S** - Slowly, slowly improving
- I** - Inspired to reclaim myself
- A** - Astonished by my recovery

Two Haikus about Aphasia

Having aphasia
Is like I talk to myself
And no one listens

Having aphasia
Is like lifting heavy weights
Practice makes perfect

DAVID BEAN'S VACATION DESTINATION



Hello, my name is David Bean. A go-to vacation spot for my wife, Judy, and me is called Hippie Hole. Hippie Hole is a campsite located in Palo Verde, California. The campsite is near the Colorado river and is popular for tent camping, boating, fishing, swimming, water sports, and wildlife viewing.



My wife and I enjoy jet skiing and boat rides along the river.

TENNIS LESSONS WITH AL GONDA

I played tennis for the first time as a young kid. My uncle taught me to play every summer until I was about 15. Later, when I was in my 20s, I started playing racquetball.

Racquetball is a sport played using a racquet to hit a ball against a court's walls, floor, and ceiling. The racquetball courts I had known from school only had three walls and no ceiling. When I started playing racquetball at the gym, the court was much bigger. The court at the gym had four walls, and the ceiling was about 15 feet high. Because the ball was able to bounce off of so many surfaces, I never knew where the ball would go!

After a while, I became good at racquetball and played in tournaments all around California. However, I eventually stopped playing because I moved away and found other hobbies.

Several years later, I moved to a new house that had a tennis court. I wanted my kids to participate in sports, so I started playing tennis with them. Two of my four daughters became very good at tennis, while my other two daughters played every now and then.

After my injury, I wanted to play tennis again but needed to re-learn how to play. I am now learning to play tennis with an instructor. I am working on improving my vision and the ability to move my arm so that I can see the ball when it comes to me and swing the racket. My goal is to be able to rally, which means to hit the ball back and forth over the tennis net.



WHAT IS ON TV BY MARK MCLAUGHLIN

Mark's favorites:

- **American Gangsters**- a television feature on the History channel about mafia in Chicago and New York in the 1920's
- Hockey- **Chicago Blackhawks**, Central Division of the Western Conference, six-time Stanley Cup champions
- Baseball- **Boston Red Sox**, American League East division, nine World Series championships



MANIFEST: COME ABOARD BY SAMMY BRITO

Were you ever a *Lost* fan?! Then get on board because *Manifest* on NBC is going to be that show that has some flight mystery connecting the passengers together in some way.

Montego Air Flight 828 goes missing for five years and then suddenly reappears— while it has only been a few hours for those on the plane, the people in their lives are completely different after many years without them.

This show centers mainly on siblings from the missing plane who start to experience hallucinations or what they believe are “callings,” which help them prevent bad things from happening or continuing. If the craziness doesn’t catch your attention, then the romantic relationships will be all the excitement you will need! As a professional fangirl, I can honestly say that this show has a certain “ship” with major chemistry along with many thrills that are equally captivating. The season finale just aired so check out the pilot on Hulu!



Follow my blog for more TV show recaps and much more! <https://fangirlmindpalace.wordpress.com>

MY JEWELRY CRAFTING AND DESIGN BY MARY

My name is Mary. I started at the clinic this past fall of 2018.

I have been designing jewelry since 1985. As a consequence of my stroke, I’ve decided to go back to designing and making jewelry full time.

I earned a fine arts degree from San Diego State University and began handcrafting jewelry. I enjoy making custom pieces. It is relaxing, and it allows me an outlet for my creativity. I’ve attached some pictures of some of my favorite and most recent pieces.



Silver and Turquoise



My Pieces in JQ Magazine

WILDWOOD CROSSING RESTAURANT & BAR BY TONY

This year for Valentine's day my wife and I went to the Wildwood Crossing Restaurant and Bar. It was my first time attending this restaurant and the servers were very attentive, and friendly.

The food was delicious!

- This restaurant serves American food.
- The food is not expensive.
- The restaurant has a casual rustic theme.
- I found this restaurant on Yelp, and would eat there again.
- The restaurant is located in Vista, CA at 116 Civic Center Drive.
- The website is <https://wildwoodcrossing.net>
- I enjoyed the food I ordered. I had ham and potato soup, pastrami sandwich, and tater tots:



GRILLED SALMON BY SONYA

Hello, my name is Sonya and I am originally from Chicago. One of my sons is a chef and introduced me to good fish. His recipe for grilled salmon is super simple and is the best way to fix salmon. (He only uses wild caught salmon, no farm-raised salmon.)

I have learned to enjoy salmon since my son first made it for me 5 years ago. Before that, I had only had salmon loaf that my mom made and strongly disliked, or fried perch from the local bar.

When I lived back east, we went to the local bar for the Friday fish-fry. It was the only time I went in a bar, especially before I was "of-age," and it was the only time I was allowed to order sodas because my mom said it would rot your teeth and your gut. She'd have made me drink milk, but the bar didn't have it.

1. Leave the skin on and grill on medium heat. You can cook it inside but it's best on the grill.
2. Place it skin-side down on the grill. As it gets warm, the "white" protein comes to the top.
3. Spread olive oil with your finger across the top.
4. Cook for about 10-12 minutes, no need to cook both sides.
5. When the flakes start to open, season with salt and pepper and remove from the grill.
6. Cut off the skin when it's done and serve with fresh lemon to squeeze over top.



Enjoy!

THE SLOW ROAD TO BETTER BY DAVE VALIULIS

The Stroke Comeback Center is a Washington, DC area community of stroke and TBI survivors committed to living productive lives. Among other things, they produce a fun and informative weekly podcast called *The Slow Road to Better*.

The podcast covers all aspects of stroke, but quite a few of them deal with aphasia and communication:

- Episode 02: Aphasia
- Episode 05: Noise
- Episode 21: Ashley questions SLP experience
- Episode 22: Falling, Lability and Life with Aphasia
- Episode 24: Speech is perfect in my head, but it won't come out
- Episode 43: Does it ever feel like your aphasia is getting worse?

What is a Podcast?

A podcast is a free service that allows users to listen to audio on their computers, phones, or tablets.

- To listen on your computer, go to <https://soundcloud.com/stroke-comeback>.
- To listen on iPhones and iPads, use the Apple Podcasts app.
- To listen on Android phones and tablets, use the Google Podcasts app or the Stitcher app from the Google Play store.



WINTER HIKING WITH KEN GOSWICK

Over winter break I, went to Utah and stayed at the Zion Lodge. My wife and I hiked along the eastside trail at the Zion Canyon. The canyon was beautiful with the cliffs and the Virgin River. It was chilly as the highs were 40F. We made sure to wear many layers and a hat. We hiked on the trail for about 2 miles. →



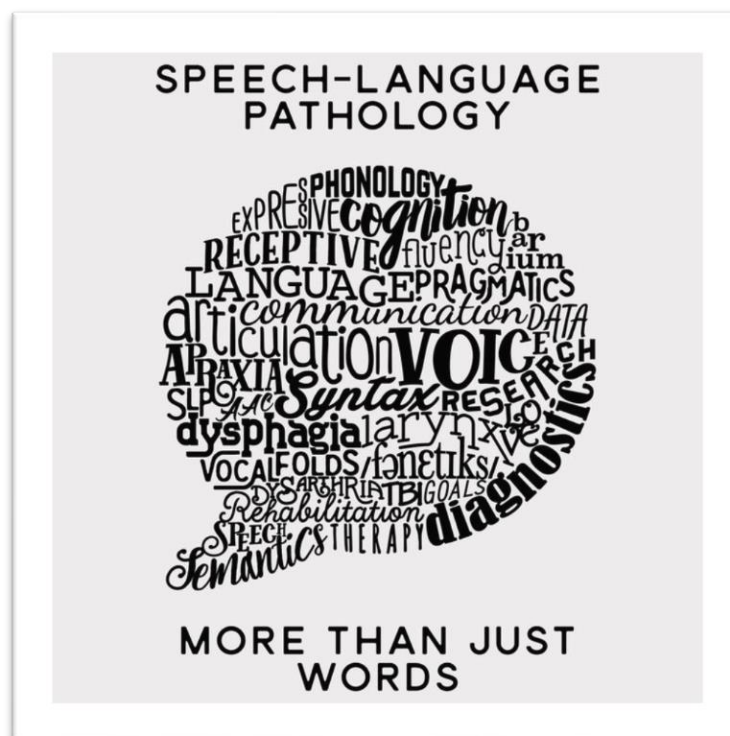
← We also went to Borrego Springs with our friend, where there were over 150 metal sculptures. The sculptures represented the history of the valley floor and some of the animals they found there. This time the weather was beautiful as we hiked. If these sculptures were real, we definitely would've been dino food!

HOW TO PLAY SCRABBLE BY HEIDI

My name is Heidi and I enjoy the game of Scrabble. You can play with 2-4 people.

Here's how to play:

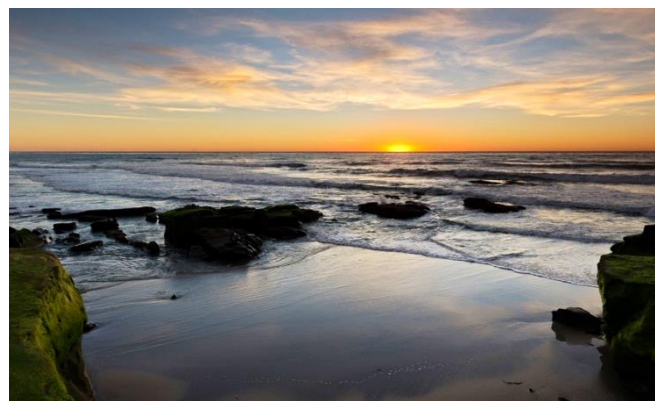
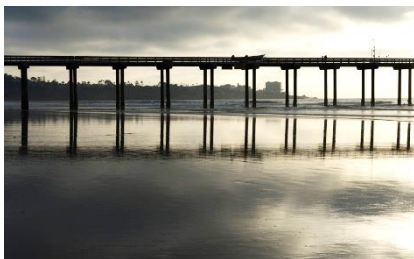
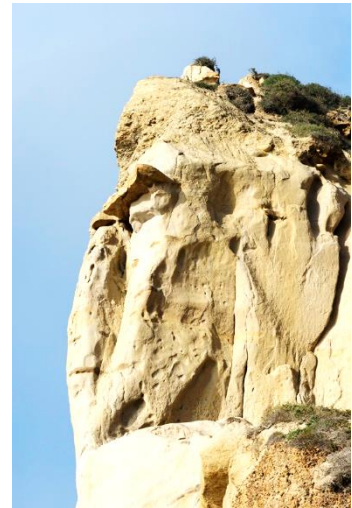
- To pick who goes first, every player draws a tile from the bag and whoever has the letter closest to the letter "A" goes first. Everyone gets dealt 7 tiles and must always have 7 tiles.
- During your turn you can place a word on the board, exchange tiles for new tiles, or you can pass your turn.
- When the first player places a word on the board it must be on the star in the center of the board (the star is a double square and will offer a double word score). Play continues in a clockwise direction.
- The next player must build their word off the words already on the board.
- Add all the points on the tiles and give bonus points when words land on the board squares that award extra points then record the points per player.
- Players who use all 7 tiles to build a word get a 50-point bonus on top of the points earned for the word.
- Try to use letters worth more points and/or place tiles on board squares that give extra points.
- Once all tiles are gone from the bag and a single player has placed all the tiles, the game ends and the player with the highest score wins.



WINTER BEACHES BY BRUCE HEIMBACH



I like visiting the local beaches in the winter; less people and quieter. During the winter months, I try to find the best weather and the tide cycles at sunset: calm conditions and very low tide. There are more flat beaches (like a mirror), more exposed rocks and rocks formations. I bring the Nikon, filters, tripod and wear a sweatshirt. I call it the "Church of the Earth" with no audience, no calendar, no sermon. Just peace. Namaste.



WHILE YOU SHOP – AMAZON GIVES BY DAVE VALIULIS

AmazonSmile is a website operated by Amazon with the same products, prices, and features as Amazon.com. The difference is that when you shop on AmazonSmile, the AmazonSmile Foundation will donate a small part of the purchase price (0.5%) to a charity of your choice.

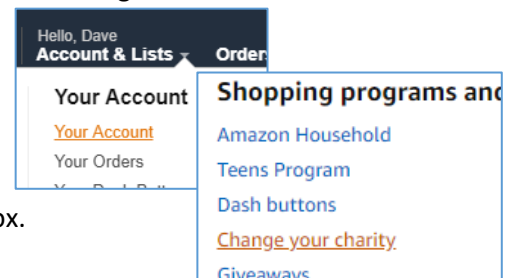


To find an AmazonSmile charity to donate 0.5% of your purchase:

1. Go to <https://Smile.Amazon.com>.
2. If this is the first visit to AmazonSmile, you are prompted to select a charitable organization from our list of eligible organizations.

To change your AmazonSmile charity:

1. Go to Your Account from the navigation at the top of your page.
2. Select Change Your Charity from the Shopping Programs list of options.
3. Enter the type of charity or a name of a specific charity in the Search box.



There are over one million charities to choose from. These are some local ones:

- California State University San Marcos Foundation
- Helen Woodward Animal Center
- Hospice of the North Coast
- Interfaith Shelter Network of San Diego
- Meals on Wheels San Diego County
- North County Health Project
- Palomar Health Foundation
- REINS - Riding Emphasizing Individual Needs
- San Diego Brain Injury Foundation
- Tri-City Hospital Foundation



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>