

The Wave



Riding the wave of more effective communication together

10 WORD-FINDING STRATEGIES

There are many word-finding strategies. Each person will find some strategies more helpful than others; so experiment to learn which ones work best for you. Often a combination approach is useful, trying one and then another. Each strategy gives a bit more information to the listener and stimulates the area of your brain that's refusing to give up the word. Here are 10 helpful word-finding strategies courtesy of Tactus Therapy:

<https://tactustherapy.com/word-finding-strategies-aphasia/>

1. **Delay:** Just give it a second or two. With a bit of extra time, the word may pop out on its own. Be patient with yourself and ask your partner to give you time.
2. **Describe:** Give the listener information about what the thing looks like or does. Any extra information can help them know what you're talking about or help you say the word.
3. **Association:** See if you can think of something related. Even if it's not quite right, it may prompt the word or convey the meaning.
4. **Synonyms:** Think of a word that means the same or something similar.
5. **First Letter:** Try to write or think of the first letter of the word. Scan the alphabet to see if each letter triggers anything for you.
6. **Gesture:** Use your hands or body to act out the word, like playing a game of charades.
7. **Draw:** Sketch out a quick picture of what you're trying to say.
8. **Look It Up:** Think if there's somewhere the word is written down or pictured.
9. **Narrow It Down:** Give the general topic or category. Stating the topic can help your listener predict what you might be trying to say by providing some context.
10. **Come Back Later:** If you can't think of the word and your partner can't guess, it's okay to give up for now. This is a last resort, so try other strategies first.



MY EARLY SUMMER BY BRUCE HEIMBACH



This summer, I visited with good friends, from Project Management Advisors. Two projects were just finished in June. Above, the San Diego County Crime Lab; below, Vertex Labs. My 'job' (okay... my hobby) was taking some photographs for the buildings, interior and exterior. The Crime Lab sits at the campus at Kearny Mesa; 4-story with a basement. The Vertex building is a 2-story building (height limits) close to North Torrey Pines Road.



THE EPIPHYLLUM TRAIL AND SOCIETY BY PAUL VANDERPLOEG



The new Epiphyllum Trail opened this year during the first part of spring. The trail is located at the San Diego Safari Park between the walkabout Australia and Condor Ridge. There are roughly 600 types of epiphyllum plants located throughout the trail. These plants were moved from the park’s greenhouses to the trail. Paul helped move some of these plants to the trail and participates in the Epiphyllum Society.

Paul volunteers every other Saturday, spending 45 minutes working on the trail and devoting the rest of his time working in the greenhouse, taking care of the plants. He also goes to Balboa Park on the second Wednesday of each month for an Epiphyllum Society meeting. They have pre-meeting workshops at 7pm, then at 7:30 have a presentation, which usually includes different topics, and at the end there is a raffle for winning plants.



On October 6th, Paul and his wife, Terryll, hosted a party at their house for the Epiphyllum Society. There was October-inspired foods, friends, and lots of fun! Paul had worked hard for this event by planting new plants (broccoli) in his vegetable garden.

FLYING WITH DAVE MARSHALL

Dave learned to fly in San Diego and got his pilot’s license in the late 1970’s. His job as a pilot took him all over the world including places like Arabia, Egypt, England, France, Spain, Italy, Greece, and Germany. Dave lived in many of these countries and once spoke several languages such as Arabic, French, Spanish, Italian, Greek, and German. Dave moved back to the United States in 1986 where he continued flying domestically and he stopped flying in the early 2000’s. To this day, Dave continues to enjoy reading about flying and watching documentaries.



Dave in a biplane, San Diego, 1978



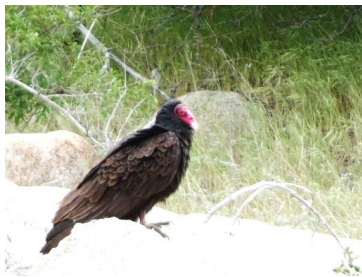
Dave in South France, 1983

HIKING WITH KENNETH GOSWICK



Garnet Peak Loop Trail in Mount Laguna (2018)

Garnet Peak, one of the most scenic and popular spots in the Laguna Mountains, stands high above the Anza-Borrego Desert floor. Thanks to its easy access, even kids can enjoy the jaw-dropping views and sunsets.



Hiking in Cuyamaca Rancho State Park (2018). Located 40 miles east of San Diego in the Cuyamaca and Laguna Mountains, the park is home to about 200 species of birds.

South Kaibab Trail in the Grand Canyon (2002)
This trail gives hikers a 360-degree views of the canyon.



EASY CHILI RECIPE BY DEE FRANK

This is the most ridiculously easy and delicious chili recipe ever! It's always a hit and I'm always asked for the recipe.

Ingredients

- 1 lb. ground chicken or turkey
- 1 small onion and 2 cloves of garlic. diced
- 2 cans 15 oz. diced tomatoes
- 1 can 15 oz. black beans and 1 can 15 oz. corn
- 1 envelope Taco seasoning (regular or hot)
- 1 envelope Hidden Valley Ranch Dressing (not dip)

Instructions

1. Sauté the onions and garlic separately.
2. Brown the chicken or turkey.
3. In a large Dutch oven or pot, put in all the ingredients, liquid and all. Do not drain!
4. Cook on low for 40 minutes.

Serve with grated cheese and enjoy!



TRIP TO SPAIN WITH JOHN KLEIN



In May 2017, my wife and I walked 180 miles in two weeks on the Camino de Santiago, which is an ancient pilgrimage in Spain that people have been walking for 1,000 years. We started in France and spent the first few days walking over the Pyrenees.



The scenery was beautiful, and we met many wonderful people from all over the world.

After we hiked over the Pyrenees, we walked through rolling hills of beautiful farmland, vineyards, and 400-year-old villages.



We plan to go back in 2020 with our sister and brother-in-law to finish the remaining 320 miles to Santiago.

RESTAURANT REVIEW BY TONY MUNOZ

Los Panchos Mexican restaurant in Escondido

Every year I invite people to Los Panchos on my birthday. They have a private room in the back where my family and friends have our own party.

My favorite food there is menudo. Menudo is a soup of beef tripe. Very good! My favorite drink is a michelada. Very good! A michelada is a beer of your choice, mixed with clamato juice.

- Located on the corner of Escondido Blvd. and 9th St.
- Website is <https://www.lospanchosmexicangrill.com>
- Authentic Mexican food and seafood.
- It's not expensive.
- It is spacious and clean with a large sign outside.
- The service was good. The waiters are nice and fast.
- I would recommend this restaurant to everybody because the service and food are good.
- Overall rating on a scale of 1 to 10: 10



COOKING WITH STEVEN SAILORS

Steve has been a professional chef for over a decade.

His interest in cooking started at a young age when he learned from his grandmother. Before he joined the Army at 17 years old, he was sent to learn a trade at Job Corps where he chose to learn culinary arts. After Job Corps, Steve received advanced culinary training for one year at a cooking school called Treasure Island, located in San Francisco.

Steve left to the Persian Gulf to fight in Desert Storm, but then later returned to cooking at about 22 years of age when his in-laws owned a Chinese restaurant in downtown San Diego. He spent years out of the kitchen professionally, but at the age of 34 he participated in a VA-sponsored program called Warrior Kitchen. There he received his "ServSafe" certification, which is required to be a chef. He volunteered at the Veterans' Homeless Winter Shelter and did his culinary externship at The Prado in Balboa Park.

He then worked in various locations throughout San Diego including the Veterans' Village of San Diego, Cindy Black's Steakhouse, Mr. A's, Donovan's Steakhouse, and The Prado. He even held the role of head saucier of all restaurants at the San Diego International Airport.

Since acquiring his traumatic brain injury (TBI), Steve has continued to cook for family and friends at events and potlucks.

The recipes at right are two of Steve's favorites to share with others.

Lobster-Crab Macaroni

Ingredients

- 1 lb. elbow macaroni
- 4 cups toasted focaccia bread crumbs
- 1 can lobster or crab (approx. 10 oz.)
- ½ cup white truffle oil
- 8 oz. ricotta cheese
- 8 Oz. Havarti cheese
- 1 tbsp. Salted butter
- Extra cheese can be added for a cheesier consistency.



Directions

1. Cook elbow macaroni to desired texture. Drain pasta & return to pot.
2. Drain & rinse lobster or crab in cold water.
3. Grate havarti cheese.
4. Combine the truffle oil, butter, ricotta cheese, Havarti cheese, and lobster (or crab) in the pot with the macaroni.
5. Simmer, stirring & mixing all ingredients.
6. In a separate sauté pan, lightly sauté bread crumbs.
7. Place macaroni/cheese mixture in a baking dish & top with toasted bread crumbs.
8. Bake at 350 degrees until browned.

Simple Super Foods Salad

Salad Ingredients (Makes 1 serving):

- 1 cup spinach and 1 cup kale, torn
- ½ cup red cabbage, shredded
- ½ cup red pepper, diced
- ¼ cup celery, diced
- ¼ cup avocado, cubed
- ¼ cup chickpeas
- ¼ cup blue cheese, crumbled
- ¼ cup feta cheese, crumbled
- ¼ cup green onions, chopped
- ¼ cup pine nuts or sunflower seed kernels



Combine all salad ingredients in a large bowl. Toss.

Whisk ½ cup Greek yogurt and 1 tsp dill weed together in a medium bowl. Dress your super salad!

A HEARTFELT THANK YOU FROM NORM BISHOP

Having a stroke is different in every single person, but we all have one thing in common, “we are working very hard to regain every single thing we lost.” We all want to be able to live our lives to the fullest just as before the stroke.

In my case, I lost the ability to walk, use my right arm, hand and fingers, and the ability to express myself through speech. Thank goodness for the speech, physical, and occupational therapists, my family and friends, and my spiritual belief.



I always knew I would improve because of my self-determination and drive. Before coming to CSUSM speech classes, I could hardly say my own name. The instructors and students have been with me since the beginning and I wish you could see me now.

Because of their determination and support and instruction I am doing great.

For this I say, “Thank you”!! 😊



WHAT I DID FOR WORK BY RANDALL NYGAARD



I was director of field operations for Jamie Partners. We were building high-end restaurants in downtown San Diego. My duties involved making sure that the project was on schedule, on a budget, and on time.

I also made sure that the superintendent didn’t need anything. I would report back to the office on the progress of the project, talk with the client, and see if they need anything. This was my job description.



WITCH FINGER COOKIES BY DAVE VALIULIS

We usually have a small Halloween party in which we show a scary movie. One year, I served our guests a cookie called Witch Fingers. The picture at the right shows how they turned out.

Ingredients

- ☞ 1 cup unsalted butter softened
- ☞ 1 cup powdered sugar confectionery
- ☞ 1 egg
- ☞ 1 teaspoon Almond extract
- ☞ 1 teaspoon Vanilla extract
- ☞ 2 3/4 cups all-purpose flour
- ☞ 1 teaspoon baking powder
- ☞ 1 teaspoon salt (1/2 teaspoon salt, if using salted butter)
- ☞ 3/4 cup whole blanched almonds
- ☞ green food coloring
- ☞ 1 tube red decorator gel



Instructions

1. In a bowl, beat together butter, sugar, egg, almond and vanilla extract; beat in flour, baking powder, and salt. Cover and refrigerate for 30 minutes.
2. Roll heaping tablespoons of dough into finger shape for each cookie. Press almond firmly into one end for the nail. Squeeze in center to create knuckle shape; using a paring knife or toothpick, make several places to form knuckle.
3. Place on lightly greased baking sheets or parchment lined baking sheets. Bake in a 325-degree oven for 20-25 minutes or until pale golden. Let cool for 3 minutes.
4. Lift up almond; squeeze red decorator gel onto nail bed and press almond back into place, so gel oozes out from underneath. Let cool.

Makes about 28 large cigar-size cookies. If you only use 1 teaspoon of dough, you will get about 4 dozen cookies.



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>