

The Wave



Riding the wave of more effective communication together

SPEECH-LANGUAGE CLINIC GOES VIRTUAL

Did you see the CSUSM article about the Clinic that featured Norm and Alice Bishop? The full article is here: <https://news.csusm.edu/speech-language-clinic-goes-virtual-amid-covid-19/>. Here are some excerpts...

The summer session of the Speech-Language Clinic marked the first use of telehealth at CSUSM since the dawn of the pandemic – the trial run for a practice that will continue this semester and may become a staple throughout the health care industry depending on how long COVID-19 lingers in the United States.

“We’re being told by our national governing board that telehealth is going to stay for some time, past COVID,” said Laura Coca. “Not that we’re going to be solely doing telehealth, but we’re going to be seeing a lot more folks that way.”

At the advice of its national certification board, the Clinic returned this summer by serving only clients who aren’t profoundly impaired. But because the clinic will be virtual only for the rest of the calendar year, and likely beyond, it developed a workaround that will allow clients who rely on assistive communication devices to take advantage of the same Zoom service as everyone else.

“I think it’s more convenient for certain patients,” Laura said. “We’d be able to serve a wider scope of patients – those who are homebound, people who are in rural communities. If we could make it something that is viable for the students and the community members, it could become a long-term asset.”



Happy Halloween!

LOOKING BACK AT 2020...SO FAR

Until further notice, the days of the week are now called: Thisday, Thatday, Otherday, Someday, Yesterday, Today, and Nextday.

I'm going to stay up on New Year's Eve this year. Not to see the New Year in, but to make sure this one leaves.

If I had only known in March it would be my last time in a restaurant, I would have ordered dessert.

I dumbest thing I've ever bought was a 2020 day planner.



I still can't believe people's survival instincts told them to grab toilet paper.

"I'm reading an amazing novel that really captures this moment."



"I GUESS I NEVER REALIZED HOW NON-ESSENTIAL YOU ARE."

GABBY GIFFORDS' SPEECH ABOUT HER APHASIA

Did you see Gabby Giffords' inspiring speech at the Democratic National Convention in August?

This isn't about politics – this is about a woman whose ability to speak was taken away in an instant by a near-fatal gunshot wound to the head. And a woman who fought tirelessly to regain her voice and use it to advocate for causes she believes in.

Here's what she had to say in part (see the whole speech here: <https://youtu.be/-LOldhCi7PI?t=61>) :



*I've known the darkest of days, days of pain and uncertain recovery.
But confronted by despair, I've summoned hope.*

*Confronted by paralysis and aphasia, I responded with grit and
determination.*

I put one foot in front of the other.

I found one word and then I found another.

My recovery is a daily fight, but fighting makes me stronger.

*Words once came easily. Today, I struggle to speak, but I have not
lost my voice. America needs all of us to speak out even when you
have to fight to find the words.*

ARNIE'S FREEHAND LINE DRAWINGS

One of my hobbies is creating freehand line drawings. When I was in business, I used to draw when I designed furniture.



At left is my most recent work that I did with pencil. My dog's name is Max, and I wanted to incorporate his name into my drawing. This drawing took me about 20 hours to complete

The drawing at right is based on a photograph that I took in North Carolina.

ARROWHEAD COLLECTION BY NORM BISHOP



When I was growing up, we had property out in the Eastern plains of Colorado. This property was the home of Indians, buffalo, plus lots of other animals many many years ago. I loved hiking this area looking for arrowheads and artifacts of years ago.



The property is now private property because geologists are studying their findings for display in the Denver museum. These photos are some of my arrowheads displayed in frames.

THE MANY FACES OF THE CLINIC

As the adult clinic has evolved and grown, so has its locales. Here is the complete list, in chronological order with the corresponding groups of student clinicians (the *cohorts*):

1. San Marcos Senior Activity Center (2011)



Cohort 1

2. North County Regional Education Center (2012)



Cohort 2

3. CSUSM University Village Apartments (2012-14)



Cohorts 2-4

4. Los Vallecitos Business Center (2014-19)



Cohorts 5-8

5. CSUSM Extended Learning Building (2019-20)



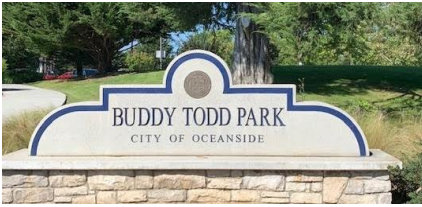
Cohorts 9

6. Teletherapy with Zoom (2020-)



Cohort 10

BUDDY TODD PARK IN OCEANSIDE BY JIM SINCLAIR



Buddy Todd Park was named after the first person from Oceanside that was killed after the beginning of WWII. Developed in 1929, this is Oceanside's oldest park.

I often spend time at Buddy Todd Park when I want to go outside during isolation. It is not a crowded park, so it is safer. I often go with my wife, Lynn, but we have taken people who are from out of town before. I have picnics with my friends Mario and Monica, and Norm and Alice. I also go there to exercise by walking on the 0.8 mile paved path. It is almost always sunny, and there is usually a nice breeze.



You can also see the ocean from the park.



There are lots of parts in the park. The park allows pets, and I often walk my dog, Tilly, when we go. I have seen people birdwatch and play soccer in the open field. You can take your kids to this park because there is a safe field with a playground. You can also exercise in a variety of different ways because it is so open. Because of the park's high position, you have quite a good chance of catching a view of the people sky diving in the distance.

Carved bear statue at the front of the park

ORANGE TREES BY PAUL VANDER PLOEG

Interesting facts:

It was once thought that oranges were native to Florida but were actually brought over by Spanish explorers. Oranges were called "Valencias" in Spanish.

How I planted my orange tree:

- I made a box so the tree will do well.
- I got dirt mixed with special fertilizer, coir (coconut fiber), and perlite. I put in $\frac{1}{3}$ of the coir and perlite into the mixture.
- I dug a big hole under the box and placed soil in it, along with chicken wire to keep gophers from getting in.
- I put all the dirt and fertilizer in the box, then dug a hole to plant the orange tree. There are many things you can fertilize with, such as NPP (nitrogen phosphorus and potash) and calcium.
- I water the tree once a week with a regular hose.

Before the oranges grow, there are white flowers that have a beautiful smell. I have two or three oranges on my tree. Some were orange so I ate them, they were good! The green ones are not ready yet.



TRIP TO SEDONA BY JOHN KLIEN

Eleven months ago, Michelle and I drove to Sedona, Arizona to meet up with our friends Dave and Kathy. We were there for two nights and three days. Our friends were there for three nights and four days. Sedona is a little town on the northwest side of Arizona up in a canyon.



The rocks, hills, and mountains have the colors of the rainbow. We had fun every day. The four of us hiked to the tops of the mountains each day. Dave and I joined 15 other people and hiked up Cathedral Rock. It was steep and rugged and we crawled up to the top where there was a 360 degree view.

Dave and I took a picture standing right by the edge of the cliff. The hike and the view were so good!

My sister-in-law and brother-in-law live 40 miles away, and they drove up to visit us. Then the six of us took a sunset hike up a mountain in the center of town, which was gorgeous. We went to a restaurant in the center of town for dinner, and the restaurant was good! The four of us went to a different restaurant the other nights. Our trip to Sedona was a blast!



THE 3 SISTERS OF GARDENING BY RANDY NYGAARD

The *3 sisters of gardening* started with the indigenous people to grow vegetables (traditionally corn, beans, and squash) where you have limited space. They used this to grow vegetables to make the most use of your garden space. Plant beans around some corn and then some shade vegetables like lettuce or squash to protect the soil from the sun. Keep the soil moist a long time between waterings. I have used the 3 garden sisters technique and it has been a success.

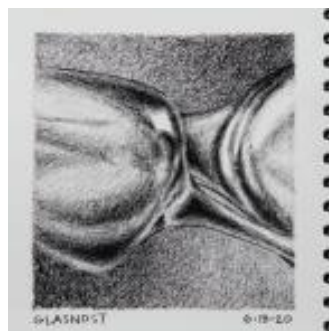
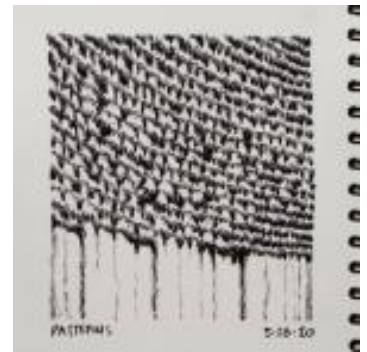
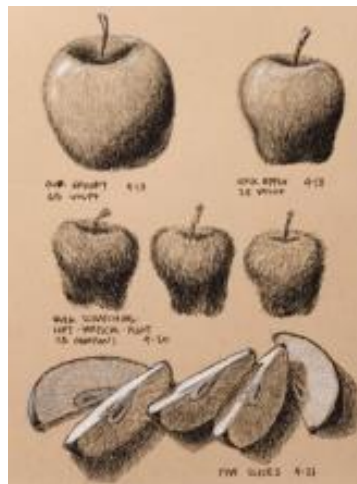
When to plant varies depending on what vegetables you would like to grow because it is conducive to the season.

- Once you decide what vegetables you want to grow then you need to select the location on your property: the most convenient place with the best atmosphere.
- Next, you need to prepare the soil for the seeds and to level the planting area and place the seeds in the soil that is recommended on the seed packet. Then, water the soil and seeds and make sure it is wet throughout.
- Last, wait until the plants have sprouted from your garden which the seed packet will inform you of how long the germination process takes. Once the corn sprouts you need to wrap the beans around to make the beans grow up the stalks. Then it will grow on its own with just water. If seeds did not sprout reevaluate the location or watering habits.



FOUR PAIRS BY BRUCE HEIMBACH

Il bought three wired-bound sketchbooks and some 11" x 14" canvases, to 'wait-it-out' during the coronavirus lockdown. The drawings and paintings are from 'still life,' photo references, and from my own imagination. My art and speech therapy are very similar, therapeutic – practice, practice and practice; learn and repetition; refine my bad habits into good habits. I converted part of our garage into an 'art caveman.' I selected two items from the sketchbooks or canvases – to call it – 'Four Pairs.'



WILDLIFE PHOTOGRAPHY BY FRANK LUSSIER



The **mule deer** is a deer indigenous to western North America.



The **bobcat** is a medium-sized cat native to North America.



The **coyote** is a species of native canine.

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>