

The Wave



Riding the wave of more effective communication together

MY DOG TILLY BY JIM SINCLAIR



11 years ago, we rescued a feisty female Jack Russell Terrier from a shelter in Philadelphia, PA. We had always had big dogs like Shepherds and Labs but as we were aging, we thought a small dog would be less work and easier to handle.

Wrong.

Tilly has presented us with many challenges. She is always working, hunting for vermin. She is good at her work.

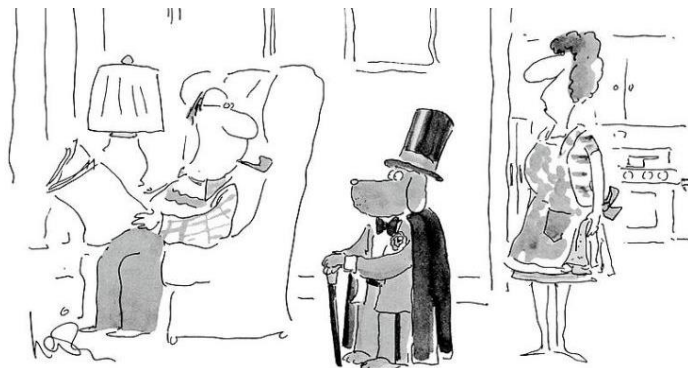
Tilly has an aggressive, intense dislike of other dogs, motorcycles, and skateboards.



On the other hand, she loves people, sleeping in the sun, snacks, snuggles and going for walks. She insists on 3 walks a day and we call her our "personal trainer".

She has traveled with us all over the East Coast and across the country when we moved to San Francisco. She is a scruffy little beast that has a special place in our hearts.

We really love her.



"Howard, I think the dog wants to go out."

WHY YOU MIGHT NEED A DOG BY DAVE VALIULIS

If you already own a dog, congratulations! But if you don't, read on...

Studies have shown that pet ownership has psychological benefits. Interacting with a pet has also been linked to

- lower blood pressure
- increased exercise
- stronger immune systems

Pet owners tend to be less lonely, have higher self-esteem, be more extroverted, and have less fear about getting close to other people.

People with aphasia and other communication difficulties have even more need of the psychological support of pets. Many people who have aphasia experience depression, which makes emotional support even more important. These animals need no words to provide their handlers with unconditional love and mental support. They neither judge a person for their inability to speak, nor make them feel bad about it.

Just the presence of a loving pet can provide solace – your pet curled up on your lap may comfort you as well as holding hands with the person seated next to you during a plane's takeoff and landing.

Because dogs are known for their empathy, they are most often selected as therapy companions.

6 Good Reasons You Need A Dog



Calmness

A pet may relieve my stress and anxiety.

Companionship

I won't be alone.

Daily Exercise

I will have a healthy routine.

Purpose

A furry friend will add meaning to my life; I will be needed.

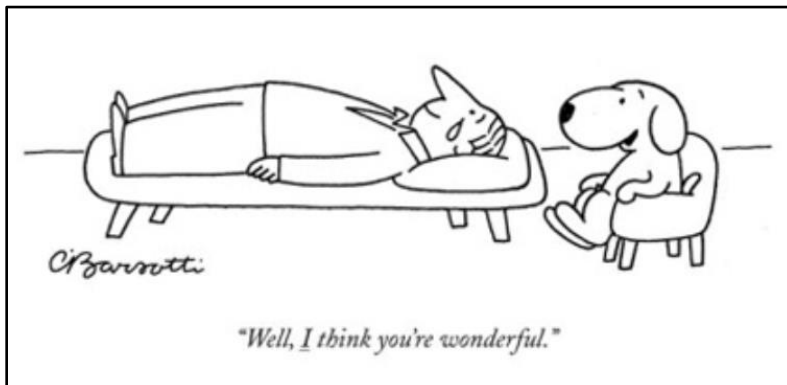


Security

Thieves are less likely to rob a house with a barking dog.

Staying Social

Taking my pet to the vet, groomer, pet store, breed meet-ups, or on walks in the park will keep me involved in public life.



MY CONSTRUCTION PROJECT: PUESTO RESTAURANT BY RANDY NYGAARD

I was a part of the construction process for a restaurant called Puesto near Seaport Village. Puesto downtown is a very good location because it is close to all the attractions that San Diego has to offer.



What makes this restaurant interesting is that it used to be the police headquarters for San Diego City. It was built on reclaimed harbor, meaning it was above sea level (it was above the floodplain of the San Diego River basin). This made construction more intricate. I had to take notes often and defend our building practices. Engineers had to back up the support of the foundations, so they had to approve any penetrations (or disruptions of the slab). We could only cut holes that were approved by engineers during the construction process. Everything had to go through the required limitations.

Puesto has six-hundred-pound all-steel doors with glass. It keeps costs down for air conditioning because it lets the ocean breeze air in and out!

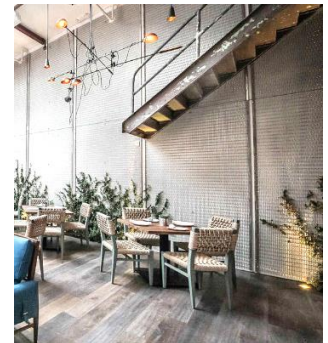
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Painters were brought in to spray paint Angry Birds on the walls with spray cans, and they did a good job. ↓



To the right is a staircase that goes nowhere, but we had to save it. The Historical Society of San Diego has certain requirements to keep historical aspects of the city. Keeping it helped us to meet the percentage mark required for historical buildings associations. →

They have very flavorful food and they make their tortillas onsite. Their street tacos are high end with unique ingredients.



YOU SHOULD VISIT HERE BY MICHA BRINGHAM



Dave's rock garden is a fun place to visit. My mom and I discovered Dave's rock garden while taking a walk. We were walking on Moonlight Beach. One day walking from the parking lot to the beach, we saw the rock garden. My mom had the idea of adding to the rock collection. Once a year or so, there are a ton of rocks at Moonlight Beach. We picked some rocks and took them home. We got together with family and friends to decorate them. Then Bryan, my mom, and I took the rocks to the garden.

It is a unique place to visit. You can find it on the corner of Encinitas Blvd. and 2nd Street. Adding to it with friends and family is fun.



After, you leave your rocks, you can get the best ice cream in town at Handel's. They stack the ice cream pretty high!

MY DOGS BY FRANK LUSSIER

I have two dog children. Their names are Lola Belle and Lucille Ball. They are a chihuahua and a terrier. Lola and Lucy like to play in the yard. For the holidays we like to dress up the dogs. Lola and Lucy are a big part of our family.



WALK FOR BRAIN INJURY RECOVERY

Save this date: On March 21, 2020. This is the date for the annual surviveHEADSTRONG Walk for Brain Injury Recovery. This is the largest gathering of brain injury survivors, families, and professionals in San Diego County. Join us at Mission Bay Park, De Anza Cove to run, walk, or roll, and honor those on their journey to recovery from brain injury. It is a short distance around the bay whether you are walking, in a wheelchair, or using a walker or cane.



See: <https://www.classy.org/event/2020-sdbif-surviveheadstrong-walk-for-recovery/e248624>

WORKING ON A GARBAGE TRUCK BY MIKE FEENEY



I began my career working on a garbage truck at the age of 13 years old. I started working for Feeny Scavenger Services in Brownsburg, Indiana, in 1968 and continued with the company for approximately 20 years.

My average day began around 3:00 AM and could last up to 14 hours per day. I worked 6 days per week, year-round. Sometimes it would get as hot as 95 degrees or as cold as 0 degrees, and I would still go to work. Only once in my career, did the City of Indianapolis shut down the roads because the snow was too dangerous.

I would spend the day riding around on the side of the garbage truck. After a few years working for my dad, I was allowed to drive but only in quiet neighborhoods as I learned to drive a stick shift.

My favorite part of the job was loading the garbage into the truck because it kept me active. I enjoyed making the trash a form of "art" in the way it was arranged in the truck. I enjoyed getting creative with the garbage. I hoped that the future would enable me to become an owner or part-owner of the business.

Although this is not a typically desirable job, I was thankful to have a job that let me to be as artistic as I could be.



FLYING IN MY FRIEND'S PLANE BY JOHN KLEIN

My friend Dave Modic and I in the past go places with his plane, a Piper 164 1969. His plane is at the airport in Carlsbad. One or two days a month, we fly to the other airports around San Diego and Orange County. It's one day or two days and the airport lunches are good. It's everything and more!



In the past year we went to San Diego, Tijuana, Ramona, Fallbrook, Anza

Borrego, Hemet, and Catalina Island. We travel with 4 of us including his wife Kathy and my wife Michelle. In the future, the four of us will go to Sedona Arizona for three days and back.



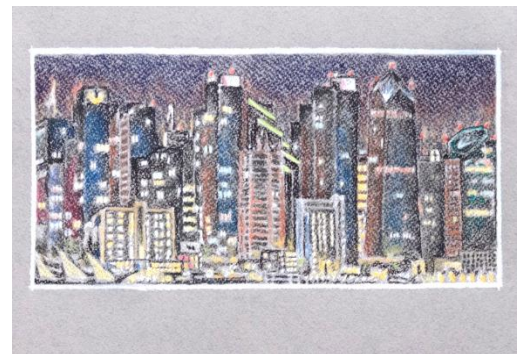
MY ART THERAPY BY BRUCE HEIMACH

Step 1 The original June 13 panorama photograph

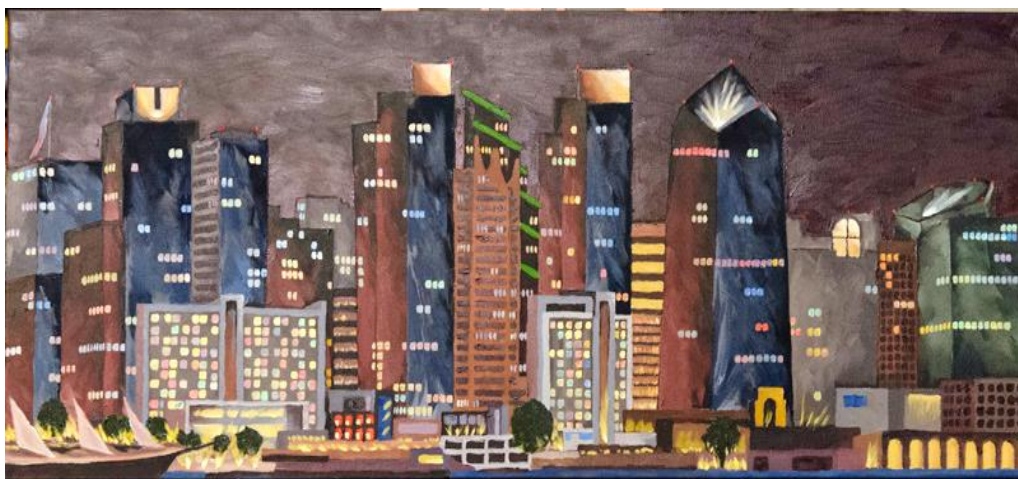


Step 2 Crop a selection

My second therapy is 'Art Therapy'. This fall, I'm taking an oil painting class with Athenaeum, Monday mornings. The class is Abstractions, which is a different style for me. Some styles are geometric or organic; some styles use paint with brushes, stippling, dripping, palette knives or combs. This class is to 'open your eyes' and do some experimentation, with feelings and emotions. A funny thing for me is that all art is so difficult to explain with words; even before my stroke. For now, I like to draw or paint using my 'eyes and hands', not my 'ears and mouth', to practice 'energy management.' Sisyphus says: "enjoy life visually, not verbally."



Step 3 A sketch, to prepare to paint



Step 4 Oil painting, a 'new' original - titled "Bank Holiday"

THANK YOU, MARISOL! BY TONY MUNOZ

This Thanksgiving I would like to thank my wife, Marisol. She does lots of things that make my life better.

- She helps me with my medications, so I never get a seizure or have allergies.
- She takes me to doctor’s appointments to keep me healthy.
- She does the laundry, so I don’t have to worry about having clean clothes.
- She also makes meals and I enjoy the food she makes.
- Marisol is a good mother by talking to our daughters every day.
- She is a good friend who goes places and keeps in touch with others.

She does all of these things to make me feel comfortable, happy, and cared about.

Thank you, Marisol!



MY FAVORITE MUSIC GENRES BY FRANK FLORES

Listening to music makes me feel good. I used to drive my family crazy with how loud I would listen to music. It would be so loud the walls would vibrate! My favorite genres are rock, reggae, and rap. Here is a list of some of my favorite bands and artists.

Rock bands

- Led Zeppelin
- Aerosmith
- Deep Purple
- Jimi Hendrix
- Queen
- Van Halen
- Blue Oyster Cult



Reggae bands

- Bob Marley
- Ziggy Marley
- Peter Tosh
- Culture
- Katchafire
- Gregory Isaacs



Rap artists

- Will Smith
- MC Hammer
- Ice T
- LL Cool J
- Ice Cube
- Vanilla Ice



Happy Thanksgiving!

DRAG RACING BY AL GONDA



Drag racing and fixing cars was my hobby. I used to do this for about eight years in the 1960s.

I had a special racing car that I learned to fix. I used to race at different racetracks in Long Beach, Irvine, and the Los Angeles area. My car would break after almost every race because I would race at 100 mph or more for a ¼ mile!

I really enjoyed this, but eventually I stopped racing and moved on to another hobby because I love challenging myself and learning new things.

TIPS FOR FLYING WITH APHASIA BY BUTCH LANGE

If you are flying somewhere for the holidays, these are some tips to make it easier if you have aphasia:

- Contact the airline to get an escort to the gate.
- Make a communication book with pictures or phrases you might need.
- If you get tired, take a nap on the plane or drink coffee.
- Carry an aphasia ID card (like this →) that explains aphasia to people like the TSA or airline employees.

My name is: _____

I have **APHASIA** from having a stroke. This makes it hard for me to speak, read, and write.

I am intelligent, but need some help understanding language.

The following tips help:

- Please be **patient**.
- I use pictures, gestures, and some words to communicate.
- Speak in a normal voice. My hearing is great!
- Pictures or writing key words can help me understand.
- Try to avoid talking to me in loud places or places with a lot of background noise.

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>