

The Wave #37



Riding the wave of more effective communication together

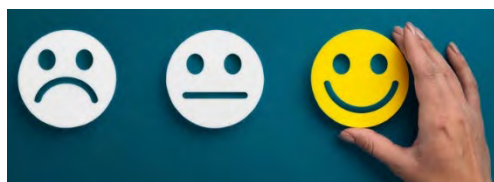
BOATING WITH POPCORN JIM BY JIM VESEY



We used to spend 5 months camping on Lake Havasu on the river. I drove my pontoon boat and we would ride up and down the Colorado River. I loved my boat. I painted and reupholstered it.

Mary Kay and I would meet up with some very good friends. We would have lunch with Mike, Judy, Don, Pam, Susan, Carolyn, and Rich. We had fun and made great memories. I was known as Popcorn Jim and the Guacamole King.

ALL POSITIVE BY LAMONT WILLIAMS



In 2012, my life changed for the better. After my accident, I started to see the light and see life for exactly what it is, and not what I want it to be. I let go of all the bad things in my life like drinking, smoking, and my anger. The people around me were a reflection of myself and I didn't want that anymore; I wanted to change for the better. Even the music that I used to listen to made me feel angry. Now, I listen to oldies music that makes me feel mellow, at ease, and closer to God.

My life is different now, and I am not angry anymore. I feel positive about my future. It is not all about me now. I'm looking forward to watching my kids grow and being there for them as a positive influence. I am a new grandpa and I have to set and be a perfect example.

THORNY BEAUTIES BY DAVE VALIULIS

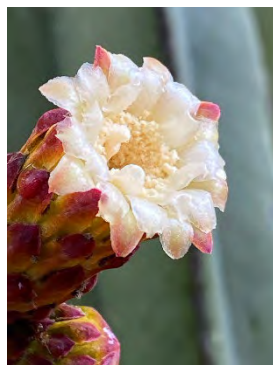
It's been a long, wet winter, but my garden loved it and blooming like crazy! I took the following pictures of some of my cactus flowers to illustrate.



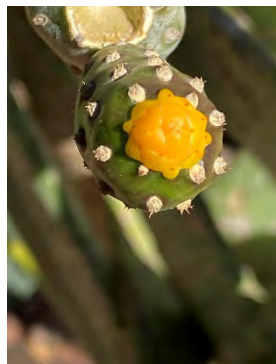
- ← ← ← Spider Cactus
- ← ← Pink Torch Cactus
- ← Orange Torch Cactus



- ← ← ← Peanut Cactus
- ← ← Cochineal Cactus
- ← Fishbone Cactus



- ← ← ← Paper Spine Cactus
- ← ← Woolly Blue Spires Cactus
- ← Mexican Fence Post Cactus



- ← ← ← Balloon Cactus
- ← ← Roadkill Cactus
- ← Silver Dollar Prickly Pear

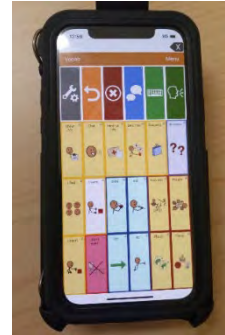
NEW SPEECH DEVICE BY CHARLIE SHEPHERD

I have a new speech device. It is cool.

I like because:

- it has a lot of drink options.
- it helps me talk.
- it is smaller than my old device and can clip on my belt!

I am learning how to use it in the speech and language clinic.



MY NATIONAL PARK TRIPS BY OPPY



About 20 years ago I went on a long trip through many National Parks. I drove from Oceanside with my wife and my dog.

First, we drove through Utah to visit my daughter and to see Bryce Canyon and Zion National Parks.

After that we drove up to Wyoming and Montana to see the Grand Tetons and Yellowstone. We went to West Yellowstone and saw geysers and hot springs.



After this, we drove through Idaho and stayed in Idaho falls before driving to Montana to see my friend Kelley. We visited him for a day and then made our way home to Oceanside. This was a great and very memorable trip for my wife and me!



ADVICE FROM SLC CLIENTS BY AL, CHRISTINA, JOHN, KEVIN, AND MICHAEL

ADVICE FOR SOMEONE WHO RECENTLY HAD A STROKE OR BRAIN INJURY

- Give yourself time, plenty of time.
- Not every stroke is the same.
- Do speech exercises in the morning.
- Look for any type of improvement, even the smallest one, and continue to do everything whether you see it as improvement or not because eventually it will catch up.
- Even the small improvements are worth celebrating.
- Stay positive.
- Listen to somebody who had a stroke.
- People are there to help you, but you are the one who has to give it your all.
- There are resources online such as <https://www.youtube.com/@rehabhqofficial>.
- There are multiple types of resources online.
- Find the right clinician for you and advocate for yourself.
- Ask for help.

ADVICE FOR CLINICIANS

- Be very patient; patience is the key.
- Be kind.
- You may be reading about the subject in a textbook, but remember you are working with humans.
- Be aware words you are using because they may not be obvious to the patient who has a condition.
- Believe in the patient and don't give up.



ADVICE FOR FAMILY MEMBERS

- Advocate for your family member.
- Listen to someone who had a stroke and their experience.
- Help with different speech exercises.
- Patience.

WHAT NOT TO SAY OR DO

- Do not assume anything.
- Be aware of your facial expressions -- especially now that face masks are gone.

RAMADAN DESSERTS BY RAJA GHUSSEIN

Marhaban (Hello)! I am celebrating Ramadan right now and wanted to share some information about the holiday, along with three of my favorite treats to eat during this time.

What is Ramadan?



Ramadan is the Arabic name for the ninth month in the Islamic calendar. It is considered one of the holiest months for Muslims and is marked by a period of fasting between sunrise and sunset, praying, and abstaining from things considered to be impure for the mind and body. Ramadan falls on a different date every year, due to the cycles of the moon. This year, Ramadan started on the evening of March 22nd and will finish on the evening of April 21st . We have an early morning meal before dawn, known as suhoor or sehri. During our fast, we do not eat or drink anything – including water - until we break our fast after sunset for our evening meal, called iftar or fitoor.

The best way to end iftar is with delicious Ramadan desserts. Here are three of my favorites:

Knafeh

Knafeh is made with spun pastry called kataifi, soaked in a sweet, sugar-based syrup called attar, and typically layered with cheese, or with other ingredients such as clotted cream, pistachio, or nuts.



Qatayef

Qatayef is a sort of sweet dumpling filled with either unsalted sweet cheese or a mixture of nuts (hazelnuts, walnuts, almonds, pistachios), raisins, powdered sugar, vanilla extract, rose extract, and cinnamon. It is similar to a Scottish crumpet.



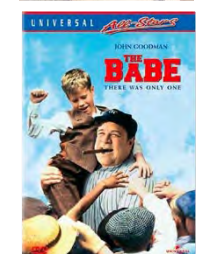
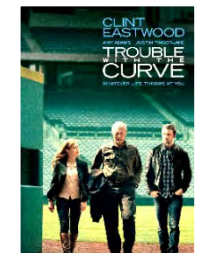
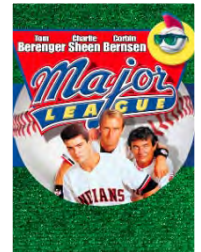
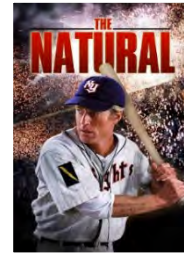
Ma'amoul

Ma'amoul is a filled butter cookie made with semolina flour. The filling can be made with dried fruits - like figs or dates - and nuts such as pistachios, walnuts, or occasionally almonds.



TOP 10 BASEBALL MOVIES BY FRANK LUSSIER

1. **Field of Dreams:** a true story about Ray Kinsella and the field of dreams. Shoeless Joe Jackson had a field, and the field is good for Joe Jackson and the players because there's no Blacksox around. Ray Kinsella and his dad played ball in the field of dreams. It's a movie that's really good for the viewers about not giving up.
2. **The Natural:** about a middle-aged player Roy Hobbs. Long ago, Roy wanted to be a pitcher, but it didn't span out because he had a wound where a bullet got lodged in his gut. Pop Fisher was Roy's manager and they butted heads because he didn't know about Roy Hobbs and his fielding. I like Roy Hobbs in *The Natural* because he's an underdog when he got drafted and it's fun for everybody.
3. **Major League:** is a funny movie about the Cleveland Indians and their ballplayers. There's three ball players, Wild Thing, Jake, and Hayes, and they were recruited by Lou Brown. Then the fun begins.
4. **Bull Durham:** Crash and Ebby have a story about the Bulls and their players. Crash and Ebby fight about Annie and their baseball pitches. Ebby and Crash woo Annie. It's fun to look at Crash and Ebby interacting. Kevin Costner plays Crash, who is a no-nonsense guy.
5. **Trouble With the Curve:** a drama about Mickey and her dad Gus. Mickey is a girl who is juggling her work and her dad. Her dad is a scout for the Braves. Johnny was a pitcher before, now he's a scout. Mickey and Johnny have a romantic chemistry. I like to watch Mickey and her dad interact with each other.
6. **For Love of the Game:** It's a drama about Billy Chapel's legacy. Billy Chapel wondering if his hand is good or not, so he pitches for the Detroit Tigers. He has to decide what he wants to do with his life and his girlfriend.
7. **61*:** a true story about the New York Yankees' Mickey Mantle and Roger Maris breaking the record of The Babe. It reminds me of working hard and doing your best.
8. **A League of Their Own:** about two sisters who join the first women's professional baseball league and their struggle to face their fear of wondering if they're good or not. It's a comedy about the ballplayers and their manager, too.
9. **42:** Jackie Robinson was a baseball player in 1947 and made history by being the first African-American player. He was good and the players didn't like it. I like it because it's a riveting saga about Jackie Robinson and his struggles.
10. **The Babe:** a true story about Babe Ruth and his struggles about life and baseball. Babe Ruth was in the New York Yankees and Boston Red Sox. I would recommend you to go and look for yourself about Babe Ruth's legacy.



VILLAGES TO VISIT IN YUCATAN BY DR. FAUST

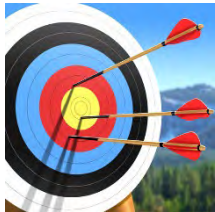
The Yucatan Peninsula is located in southeastern Mexico; half along the Caribbean Sea and half bordering the Gulf of Mexico.

- Pich - 2,000 inhabitants
- Bonfil - There is a Guatemalan refugee camp here.
- San Luis - They have traditional clothing from the area that is made in the traditional way.
- Calakmul - Get there before 6 am because after that, the hunters come and the birds are leery of outsiders.
- Valladolid - There is a museum with good information in English.



It is important to remember that those living in the village may be afraid of you because of historical experiences. Do not be loud and do not engage in quick sudden movements.

WHAT ARCHERY TEACHES US BY RANDY NYGAARD



Archery is a good hobby to have because it teaches us many valuable lessons that transfer to other parts of your life. It teaches you that it is okay to make mistakes but with continuous practice you will eventually get it right.

There are many benefits to having archery as a hobby.

- The first benefit is that it keeps you active both mentally and physically.
- It is a great hobby to have because with every shot you can improve and feel rewarded in your success. Eventually you will build confidence as you improve and hit the target continuously.
- Archery is not a common hobby to have so it allows you to get out of your comfort zone and try something new.
- For you to succeed in archery it requires a lot of focus and commitment to improve and do well.

Like every aspect of life, there are techniques that need to be done accurately and repetitively to ensure success. It is amazing how taking a breath at the wrong time can cause you to miss the target. Developing and monitoring your breath is important in archery and in life because it helps you get through stressful situations. By developing a breathing pattern, it will allow you to get comfortable and improve your accuracy. This transfers to your life as well because a proper breathing routine will help you handle stress.

Just like life, archery skills come from being repetitive. Driving, walking, or all aspects of life require repetitive practice to ensure success. The skills you develop in archery will not only help you improve in the sport but also will help you in your everyday life.

ART AWARD BY MICHAEL MORALES

Michael and his wife co-ran an art alley and giftshop In Redondo Beach for 21 years before he suffered a stroke in 2014.

After that, Michael began to participate in various outpatient activities including the Artists on the Rise program. Through his time with Rancho's art programs and instructors such as David Early, Michael's artistic side was reawaken, leading to his many awards.



MAKING A SEED BAR BY CHRISTINA NGUYEN

High in protein and fiber, these energy bars make for a simple breakfast on the go or an energy-boosting midday snack!

Instructions:

1. Grab a big mixing bowl then gather the oats, chia seeds, sunflower seeds, and coconut oil and mix them all together.
2. Add a little bit of Himalayan salt and black pepper to the big mixing bowl.
3. Lay parchment paper in the baking pan or use a reusable baking sheet. Spread a little bit of olive oil on your parchment paper or reusable baking sheet.
4. Pour your mixture evenly over the parchment paper or reusable baking sheet.
5. Preheat the oven to 350 degrees and put the mixed oats in the oven for 15 minutes.
6. Pour the baked mixed oats back into the mixing bowl, add dates, and then mash them all together.
7. Optional: Add crushed walnuts for crunch and make sure it all sticks together.
8. Get a glass tray, place the parchment paper on it, and then pour out the mixture evenly.
9. Optional: Sprinkle some unsweetened coconut flakes on top.
10. Cover the glass tray with saran wrap or food wrap and place the glass tray in the freezer for a few hours (2-4 hours).
11. Take the glass tray from the freezer then lift up the parchment paper and carefully cut it into smaller pieces (if you desire).



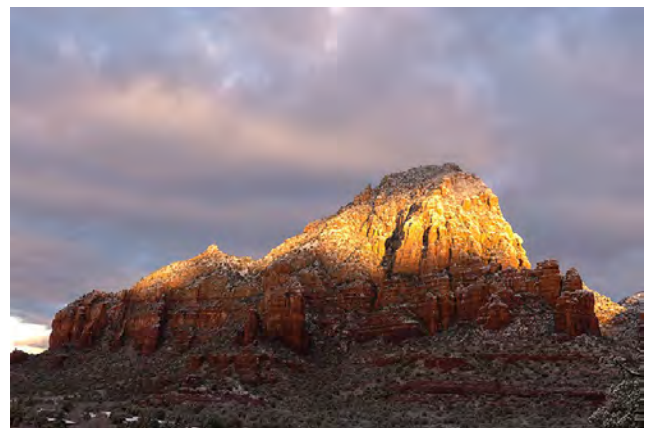
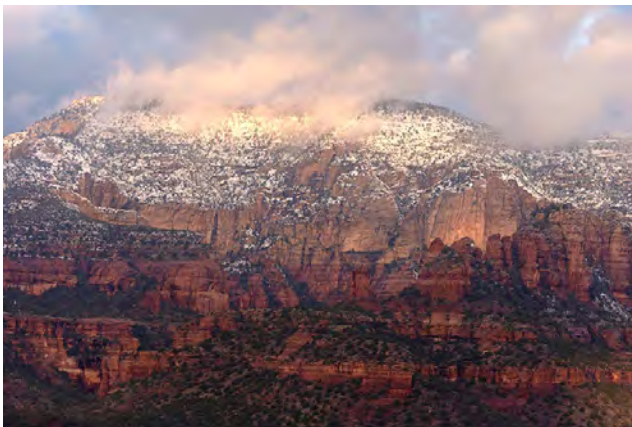
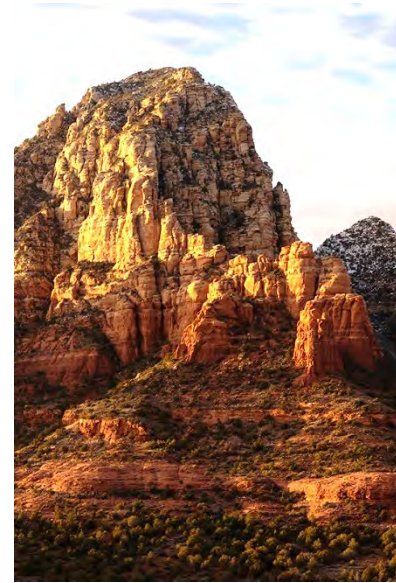
Ingredients:

- 1 cup of oats
- 4 tablespoons Chia Seeds
- ¼ cup Sunflower Seeds
- Optional: ¼ cup Pumpkin Seeds and 1 cup of Walnuts for crunch
- ¼ cup Hemp Seeds
- ¼ cup Coconut Oil
- 10 dates
- Enough unsweetened shredded coconut flakes to cover the top

WINTER IN SEDONA BY BRUCE HEIMBACH

We made a reservation last summer to visit Sedona in January. Generally, we thought it will be dry, about 50° F degrees for hiking. When we arrived there in January, that week there was a severe winter condition – cold and wet. For three days there were ‘rainouts’ or ‘snowouts’, but it was fortunate for us – most sunrises and sunsets were dry.

That week, the weather was mysterious with clouds and sunlight. I found some ‘high spots’ to capture the mountains around Sedona. I saw some small windows of sunlight on the rocks and used the camera to capture photographs of the snow on the red rocks. You never know – the place, the weather, conditions, and dumb luck – we were very lucky to experience the moment. It was pure magic.



BEING A FIREFIGHTER BY FRANK ROMERO



I was a wildland firefighter for 27 years before my stroke. I wanted to become a firefighter because I wanted to help people.

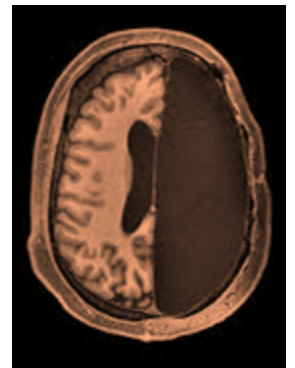
I began my journey as a firefighter at a volunteer station in Riverside County, California. I then went to work at Good Meadow Station 9 before joining the forest service in 1993.

I retired in 2021 after my stroke but I have remained friends with many of my fellow firefighter colleagues. In my 27 years of being a firefighter, I had many crazy experiences. I also got to travel to many places such as Utah, Tennessee, North Carolina, South Carolina, Texas, Montana, Arizona, Nevada, New Mexico, Georgia, and even Yosemite National Park in California to fight fires. I fought fires in the Great Smoky Mountains National Park of Tennessee where Dolly Parton is from and Chattahoochee-Oconee National Forest.

SPL CORNER: EXTREME PLASTICITY

Sometime in the third trimester of Ann Leeb's pregnancy, the child she was carrying had a massive stroke on the left side of her brain. Most of the cells in her left hemisphere had died. The ones that remained were causing her unrelenting seizures. So the Leeb's opted for their daughter, Mora, to have a *hemispherectomy*, which removes most of the tissue on one side of the brain.

Mora's parents knew that young children who undergo hemispherectomy can often thrive with just half a brain. And gradually, Mora began to improve. Now, at 15, she is a typical teenager. The only indications that she is missing the left side of her brain are that she speaks and processes words very slowly, remains weak on the right side of her body, and sometimes struggles to detect nuance in language.



But one thing is clear: Understanding the basis of this sort of extreme plasticity could help millions of people whose brains are still trying to recover from a stroke, tumor, or traumatic injury.

For more info: <https://www.npr.org/sections/health-shots/2023/03/22/1165131907/neuroplasticity-plasticity-glass-half-full-girl>

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>