

The Wave #39



Riding the wave of more effective communication together

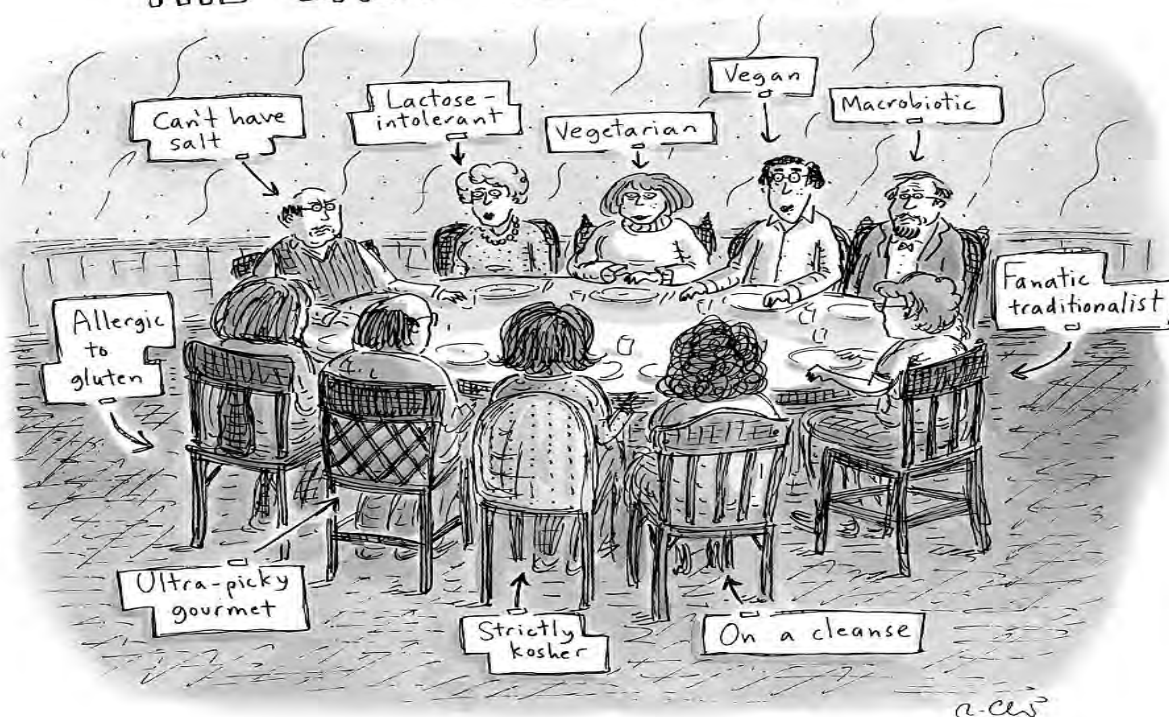
T-SHIRT WISDOM BY DAVE VALIULIS

I'm wearing one of my favorite T-shirts. It has the Latin text AMOR FATI on it, which translates *Embrace Your Fate*. It was a saying of the ancient Stoic philosophers to describe an attitude in which one sees everything that happens in one's life, including suffering and loss, as good or, at the very least, accepted.

As we think about Thanksgiving, it may be difficult for some of us to give thanks when we have so many challenges. But maybe remembering my T-shirt will help. The second line reads, TO LOVE YOUR FATE IS TO LOVE YOURSELF.



THE LAST THANKSGIVING



10 VETERANS DAY MOVIES BY FRANK LUSSIER

1. **Heartbreak Ridge** (1986) – Marines

Gunny Sergeant Tom Highway clashed with his superiors and his ex-wife too. The struggles between Highway and his Reconnaissance Platoon were interesting and frustrating. I like it because my dad is similar to Gunny Highway. My dad was Master Gunny Sergeant Frank Lussier Sr.

2. **Glory** (1989) – Army

It's a true story about the African American men and the struggles to be in the Army with the Civil War. The main focus was human spirit is alive and freedom too. I like it because it's a struggle between the men and the superiors. Glory is a phenomenal film.

3. **Full Metal Jacket** (1987) – Marines

Marine recruits and the struggles of Gunnery Sergeant Hartman and the recruits. The Joker and Gomer Pyle butt heads later on. I like it because the struggle for the recruits and the struggle of Vietnam.

4. **Windtalkers** (2002) – Marines

I like Windtalkers because it's about Navajo Indians and the war. The struggles between Native Americans and White Americans. Although it was not true, the Navajo Indians were real in the struggles in war.

5. **Good Morning, Vietnam** (1987) – Air Force

It's about the struggles about Cronauer and his superiors. It's good because most people like Cronauer because he's a DJ for Armed Services. The main thing is Cronauer is a good guy, but the war is not.

6. **Unbroken** (2014) – Army

It's a true story about Zamperini and the struggles with Japanese interrogations. I like it because though Zamperini has struggles there's a light at the end of the tunnel.

7. **Lone Survivor** (2013) – Navy

It is a true story about Marcus Luttrell who struggles with fighting Taliban and the four troops. The struggles of the troops developed because they were looking for Taliban, but they didn't make it. One survivor did. It's real and a good film because Luttrell survived.

8. **American Sniper** (2014) – Navy

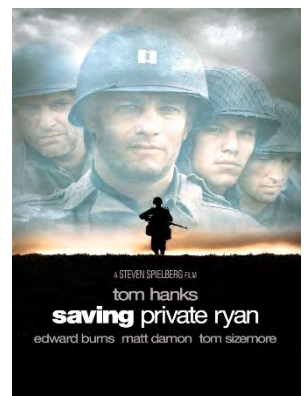
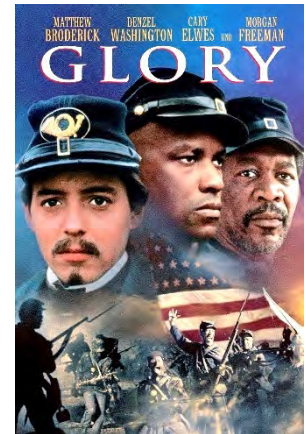
It's a true story about Navy SEAL Chris Kyle. He struggles with his marriage and the SEALs. He almost derailed. He developed a system for the troops (Marines, Navy). He died because some person for the troops, only one person, killed them.

9. **Saving Private Ryan** (1998) – Army

It's about struggles for Captain Miller and the troops. Private Ryan is only there for 35 minutes. The captain is there so that Private Ryan is safe. I like the struggles of Captain Miller. It's a good story.

10. **Flags of Our Fathers** (2006) – Marines

It is a true story about three guys going to war then struggles. The Flag appears for Iwo Jima. The main thing is three guys with struggles. It's a reminder of the struggles but still overcoming them.



SAFETY BY CHRISTINA NGUYEN

Personal story

When I was in New York City with my two best friends, I stopped at a 7-Eleven. It was a summer night and we needed to get some water and a few other things. A homeless man entered the store too. I had purchased my items and was waiting in the store for my friends. Suddenly, a homeless man started yelling at my friend because he thought that she had cut him in line. I was afraid that he might hurt us since the store was small. Then, the cashier started yelling at the homeless man. The cashier called the police, and they came right away. We decided as a group to never go out to get water at night. I learned a hard lesson that you should always check out your surroundings and be prepared to take safety precautions.

Protective/Self Defense items

- Pepper Spray
- Taser
- Small air horn
- Whistle

Advice

- Make sure to check out your surroundings and if something is too sketchy walk around it.
- Be cautious and do NOT be on your phone while walking to your car (Example: Parking lot or anywhere).
- Self Defense Class is a great way to have the power in your hand and not the criminals. The more information you have, the better prepared you are.
- If you are approached in your vehicle, make sure to drive off.
- The louder you are the better because they don't want to mess with you.



TRAVELS WITH PIG AND TOOT BY JIM SINCLAIR

I have two pigs named Pig and Toot. They are my stuffed animals. When I retired in 2006, Lynn and I planned to travel and go backpacking. Someone gave us two little pigs wearing backpacks as a joke. We traveled around the world. Since then, we took the pigs everywhere with us.

I took pictures of them on all 7 continents.

In New Zealand, we went to Auckland. They went to a base camp in New Plymouth. On Mount Taranki, the weather was hazardous.

After the adventure, they ate delicious pumpkin soup.

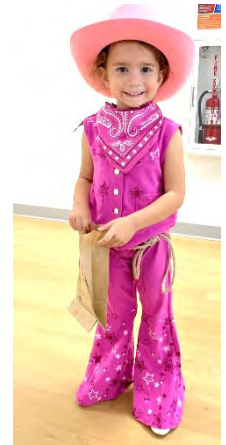


The pigs on the seven continents:

- | | |
|-----------------------------|----------------------------|
| 1 = Nepal (Asia) | 2 = Brazil (South America) |
| 3 = New Zealand (Australia) | 4 = Germany (Europe) |
| 5 = Morocco (Africa) | 6 = Antarctica |
| 7 = USA (North America) | |

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HALLOWEEN FUN AT THE PEDIATRIC SPEECH CLINIC



Clients in the pediatric speech clinic dressed up in their Halloween costumes for some spooky fun and trick or treating! The kids enjoyed Halloween crafts, making treat bags, and knocking on clinic doors for goodies!



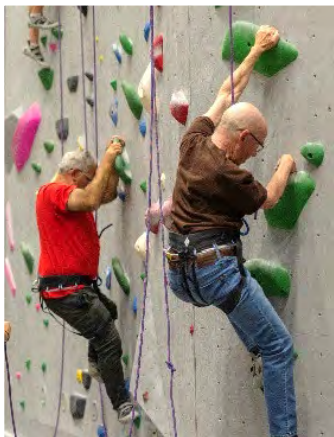
HANG IN THERE!



Jessica



Pat



Frank and Dave

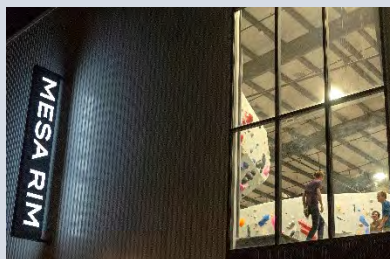
Several of us took the plunge and tried rock climbing for the first time on Oct.20 and Nov.3! It was sponsored by ParaCliffHangers, a nonprofit organization that fosters community and adventure through adaptive rock climbing.

The intrepid souls were:

- **Frank Lussier** (his wife, Jennifer, cheered him on).
- **Jessica Coronado** (her daughter Jaylene also climbed).
- **Dave Valiulis** was game.
- **Bruce Heimbach** took pictures.
- **Sergio Mendez** climbed on Oct.20.
- **Pat Willrodt** (his wife, Melanie, watched him climb on both dates).

More info:

- <https://www.paracliffhangers.org>
- It's free for all para-climbers.
- Meet at the Mesa Rim gym (285 Industrial St., San Marcos, just two blocks from the speech clinic).
- Every 1st and 3rd Friday of the month at 6-8 pm.



Frank



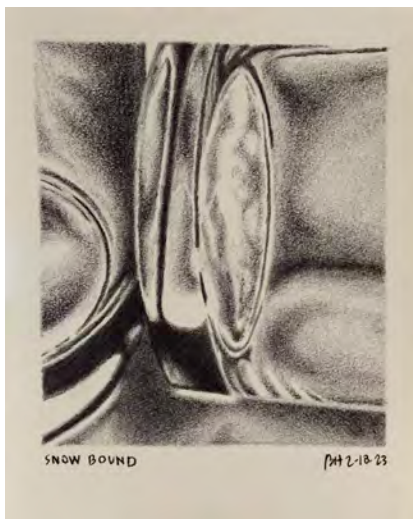
Sergio



The Nov.3 group

RAINY DAY ON A VACATION BY BRUCE HEIMBACH

Every time when we go for a vacation, I bring a “mini kit” to draw on a rainy (or very hot) day. Bad weather is a different type of recreation. I have to find some ‘new and different’ objects in the cabinets, to draw them as still life. I set it up on a table for a view, compose it, and set it up for the direction of the source of light (mostly from the Sun). Sharpening your pencils and use a small scrap of paper and an eraser – and – go! Drawing and meditation are powerful types of medicine.



5 BEST SEASONAL FINDS AT COSTCO BY RICH VENEGAS

- 1. Costco has butter-pecan cookies with white sugar on top in big tins. Enough for the whole family! They are on sale for \$8.99, a great price!



- 2. Make your house welcoming for the holidays and make your guests happy with these wreaths on your door!

- 3. Costco has large generous cuts of ribeye that make a nice holiday dinner. For those of us that don't love turkey, you gotta have something to eat.



- 4. Costco has artificial trees that have yellow, blue, and other colored lights. It's a 7-footer. You can just box it up and use it again next year.

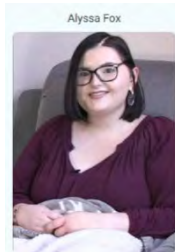
- 5. These are pumpkin pies that are the size of a steering wheel. They're huge and last the whole season. They're only \$6!



4 APHASIA SURVIVORS TELL THEIR STORIES

The Lingraphica company has published a documentary series with four people with aphasia to give their perspective into what it's like to live with aphasia.

<https://www.aphasia.com/their-words-an-aphasia-documentary-series/>



Alyssa had a stroke that left her unable to breathe or swallow on her own or walk or talk.



Janet acquired aphasia when she had a stroke while on a trip









Bruce acquired aphasia through a traumatic brain injury.



Ryan suffered a massive ischemic stroke due to a rare condition called Eagle Syndrome.

ALL ABOUT MY ANIMALS BY BRIAN HILL

I have many animals that I take care of. I feed and take care of all my animals every day.

<p>I have 2 dogs, Peanut and Coco.</p> 	<p>I have lots of birds. These are just a couple of them. Some are big and some are small. We always have a lot of eggs.</p> 	<p>I have a pond with koi fish.</p> 
<p>I have turtles. Many turtles.</p> 	<p>I have one pig. Her name is Tina.</p> 	<p>Here is my cat. Her name is Kitty.</p> 

THE CIRCUS IS COMING! BY NORM BISHOP

You could hear kids yelling “The Circus is Coming” all around Colorado Springs. The Ringley Bros and Barnum Bailey Circus train would make its way down the tracks for 146 years before ending its travels.

In the 50’s as a young boy, we would go to the railroad tracks and watch the circus animals and performers get off the train and make their way down the main street to the circus tents. 124 passenger cars in all.

As for me, I would train in the summer so I could fly with the trapeze artists. It was so much fun. The audience would scream with fright to see such a young boy flying through the air to be caught by a Catcher on the other end. It was electric!!!

Maybe you remember the song:

*He'd fly through the air with the greatest of ease
A daring young man on the flying trapeze
His movements were graceful, all girls he would please
And my love he purloined away.*

No longer does the circus train come to town, but my memories are just as if it was yesterday. I still love the circus.



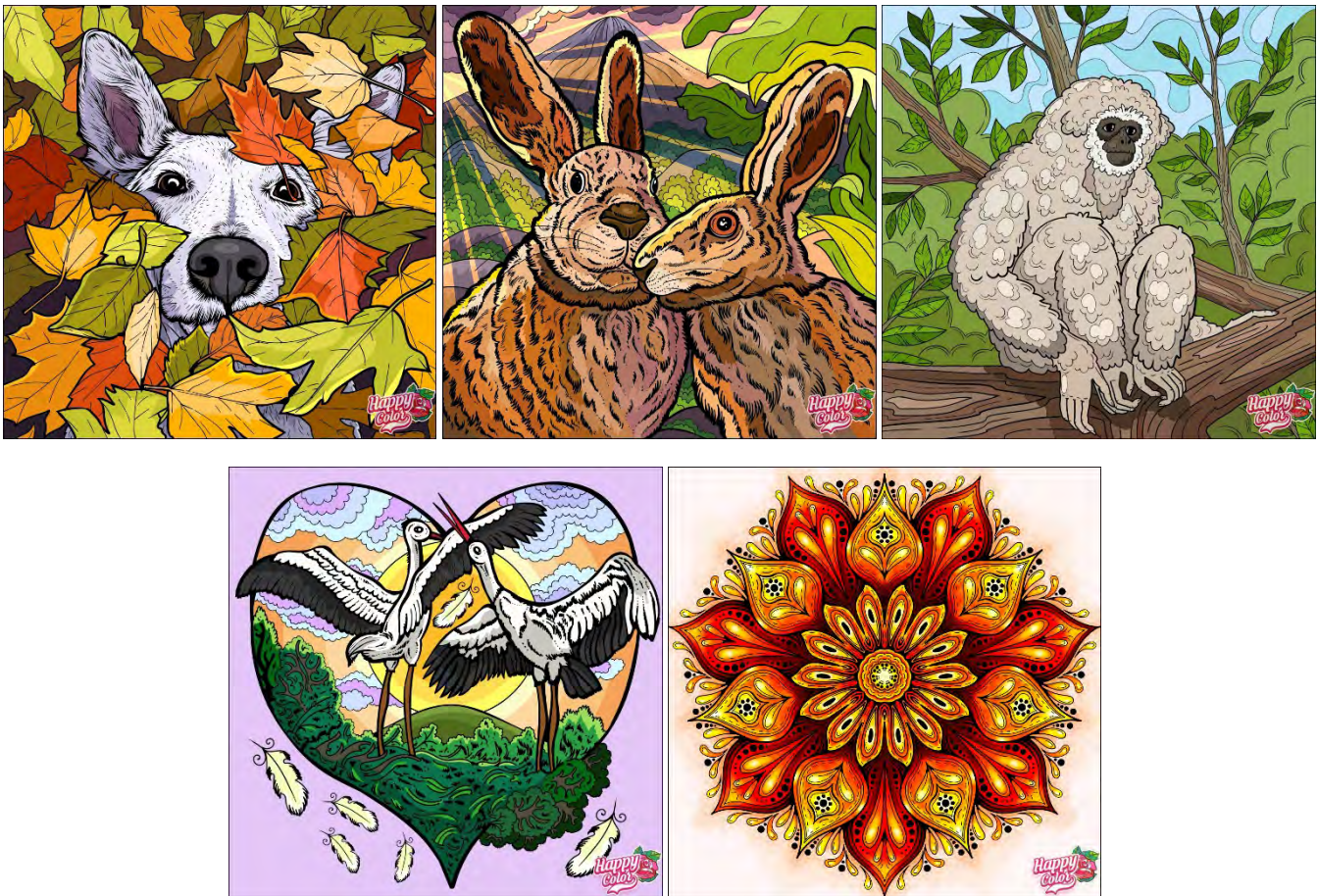
FROM MUSICIAN TO DIGITAL PAINTER BY KAZUKO AND HER HUSBAND, CRIS

Kazuko ("Kaz") has long led an adventurous and creative life. Born in Japan, Kazuko was a musical prodigy who mastered the piano. Her musical journey didn't stop there; as an adult in the United States, she expanded her repertoire to include a diverse range of global instruments, such as the Japanese koto and Indonesian gambang. Her academic achievements in this field are equally impressive, which include a Master of Arts (MA) degree in Music from SDSU.

Kazuko's fluency in English and Japanese opened doors to a successful career as a professional translator and interpreter, allowing her to share her linguistic skills across four continents.

However, Kazuko's life took a challenging turn two years ago when she suffered a severe stroke, significantly affecting her language and musical abilities. Yet, in the face of adversity, her resilience and determination shone through. Her recovery, fueled by her unwavering spirit and the help of the experts at the CSUSM Speech-Language Clinic, is a source of inspiration to many.

In a remarkable shift of artistic expression, Kazuko has now transitioned from music to the world of digital art, finding a new avenue to channel her creativity. Her journey into digital painting is a testament to her adaptive spirit and artistic versatility. Below are some of her recent works in digital painting, showcasing her evolving artistic narrative.



ME AND MY FAMILY BY KEN BOYD

Amy has always taken pictures of my family. I want to say to the kids, they're just kids living and enjoying life. They are kids and that is very good. And they have laughs. But you've got to take your time, enjoy life, and be careful. You've got to watch out and be aware of the surroundings.

What I want to tell them is - whenever somebody does something, that is good. You're able to do it a little bit at a time until you get to where you want to be. Everyone has a 'thing in their life.' We're all just learning.



THE SACRED ISLE OF IONA BY MICHAEL COLIN CAMPBELL



Map of Iona, Scotland

A Photographer's Pilgrimage



As a visitor, you can come to this building to learn about the history of Iona. Visitors come by boat, from Oban, or bus to spend about 2 hours on the island. There are no cars around the island. Visitors can learn the history and drink coffee or tea.



Iona Abbey 1890



Iona Abbey 2016

This is a small cathedral in Iona. The top picture shows ruins of the Abbey, back in 1890. The Abbey was rebuilt again from 1938-1958. The bottom picture shows the Abbey today.



FUINNY APHASIA: THE *SNUNKOOPLE* EFFECT

As part of a study on aphasia, a University of Alberta professor was running a study in which test subjects were shown strings of letters and asked them to distinguish real words from made-up ones. But every time the (non) word “snunkoople” cropped up, the subjects would collapse with mirth.



This led him to a “quantifiable theory of humor,” which explains not just the hilariousness of “snunkoople,” but the enduring genius of the world’s wittiest made-up wordsmith, our own San Diego celebrity Dr. Seuss.

Press release:

<https://www.ualberta.ca/science/news/2015/november/the-snunkoople-effect.html>

Funny non-words in the study

- Subvick
- Howaymb
- Quingel
- Finglam
- Himumma

SLP CORNER: BILINGUAL BRAINS

What happens when people who speak more than one language develop aphasia due to a stroke or other brain injury?



In general, the brain has potential for plasticity, meaning it can rewire itself after damage. In some instances, one of the languages may come back if its processing depends on different areas. For example, if the person learned the language later and relied more on memory processes, that language might come back before the language that was acquired in childhood and processed through parts that have been damaged by the injury.

If the patient works on both languages equally through speech therapy, and both languages rely on the same brain regions, they may come back together. Or patients may choose to rehabilitate the language they use most often and cease being bilingual.

For more info, see <https://www.brainandlife.org/articles/studying-brains-of-polyglots-for-insights-about-language>.

CONGRATULATIONS GRADUATES!



MS SLP Graduates of Cohort 9

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>