

## The Wave



*Riding the wave of more effective communication together*

Welcome to the first issue of *THE WAVE*, a newsletter from the CSUSM Speech-Language Clinic. *THE WAVE* is written and produced by the current crop of speech-language pathology graduate students (the *cohort*) and their clients. We are all proud of the work we are doing together, and happy to share with the community and with each other.

Dave Valiulis, editor

### UNIVERSITY OPENS NEW OFF-CAMPUS SPEECH CLINIC

In July, a ribbon-cutting ceremony opened the new CSUSM Speech-Language Clinic.



Kristen Nahrstedt  
M.A., CCC/SLP  
Clinic Director

Equipped with four individual treatment rooms, one large conference room for group therapy sessions, and a student clinician workroom, the clinic will provide services under the direct supervision of state-licensed and nationally certified speech-language pathologists Kristen Nahrstedt and Laura Coca.

In the past, the CSUSM Communicative Disorders Department has incorporated clinical experiences in educational and medical settings for its graduate students pursuing a master's degree in speech and language pathology. Now, as part of the students' clinical experience, they will work with individuals from the community that have communication impairments who come for evaluations and treatment at the new off-campus clinic.

Currently, individual and group therapy is offered in the fall and spring. During the summer, a variety of additional clinics and camps are conducted for both children and adults. The overarching goal is to improve a client's quality of life by increasing effective communication through evidence-based speech therapy.



Laura Coca  
M.A., CCC/SLP  
Clinic Supervisor



Pictured (l to r):

**Kristen Nahrstedt**, clinic director; **Charlie Pearson**, a long-time client; **Janet Powell** dean of the College of Education, Health and Human Services; **Michael "Mike" Schroder**, dean of Extended Learning; and **Sue Moineau**, Speech and Language Pathology program director.

— Darlene Keller and Brittany Lopez

## MINDFULNESS CORNER: STRESS

By  
Brenna Bray

### Are you stressed? You may be if you:

- Feel emotionally overwhelmed
- Get a full nights rest and do not feel rested or have trouble falling asleep
- Feel irritable, oversensitive, or have a problem controlling your temper
- Have muscle cramps in your neck, shoulders, or back

### Why is this a problem?

Chronic stress develops because you do not allow your body to renew itself and the demands that you are placing on your body exceed its capacity to accommodate.

### The stress prescription:

*Stress reduction and stress prevention.*

Stress REDUCTION involves methods to help to cope with stress.

Stress PREVENTION involves looking in advance for things that create stress and navigating around them.

Above all, practice mindfulness. This month set a goal to take a deep, cleansing breath each time you see a tree. We live in an urban society but you will be surprised how many trees are in the environment.

Excerpts from *Practical Application of Meditation*  
by George A Boyd

### Tips to reduce stress:

- Relax daily
- Delegate whenever you can
- Say no!
- Organize your workspace and living environment

### Tips for preventing stress:

- Take private time for yourself!  
This is something you must demand for yourself and guard jealously. You have the right to make time for yourself and be non-available.
- Know your limits and evaluate whether the cost to your personal wellbeing is worth the benefit you hope to gain from your commitment.



## HELPFUL WALLET CARD



Charlie has a card of introduction he carries in his wallet to inform the people he meets about his apraxia (reprinted at right).

You can clip this out and use it too, or you can use this as a template to make your own.

### I have APRAXIA

a communication disorder caused by a stroke.

It is **NOT** a problem with intelligence.

Sometimes I find it hard to speak, listen, read or write.

### You can help if you:

- Ask yes/no questions.
- Speak clearly and give me time to answer.
- Use gestures or example items.

## 10 TIPS FOR CAREGIVERS

1. **Take care of your own health.** That means both your physical and emotional health.
  - Make sure you are getting adequate sleep.
  - Recognize the signs of depression and talk with your health care professional if you are experiencing them.
2. **Enlist the help of others.** Caregiving should be a team effort.
  - Family and friends may want to help but often may be uncertain what to offer.
  - Explore what community resources and services are available.
3. **Plan for what-ifs.** Take one day at a time, but plan for the future.
  - Consider who would provide care for your loved one should you be unable to continue assisting
  - Have the alternate caregiver(s) spend time with your relative. It will give you a break and make it easier for everyone should you need his or her help on short notice.
4. **Keep your expectations realistic** about your abilities and how much you can do. Also, be realistic about the abilities of the person you are caring for.
5. **Take time for yourself.**
  - Arrange regular time to take a break from your caregiving responsibilities. Also called respite, every caregiver needs more of this than they realize or admit.
6. **Seek Support.** Having others to turn to who appreciate the challenges you face can be a great source of strength and comfort. It may be through a support group or an afternoon spent with another caregiver.
7. **Acknowledge your feelings.**
  - You may have times when you feel angry, frustrated, anxious, and even resentful. These are common feelings among caregivers. Don't try to ignore them: develop strategies to help you deal with them.
8. **Ask questions of health care providers.**
  - Participate in educational programs related to caregiving issues whenever possible.
9. **Be forgiving of your own limitations and mistakes.**
10. **Laugh!** Do this often and loudly. It is free, good for your health, and something you can share with your loved one.

Adapted from: <http://www.healthsystem.virginia.edu>

### COMMUNICATION CORNER



#### If your loved one has aphasia:

- Use a natural style appropriate for an adult. Do not use "baby talk."
- Don't raise your voice; they are not hard of hearing.
- Minimize distractions and background noise.
- Repeat the content words or write them down.
- Encourage any type of communication, like gesture, pointing, or drawing.
- Don't correct the individual's speech, unless they ask for help.
- Don't finish the person's sentence or train of thought for them, unless asked.
- Be patient. Allow the person plenty of time to talk.
- Don't pretend you understood what was said if you did not.

— from Dave Valiulis's website:  
<http://strokewise.blogspot.com>

## THE WAVE PROJECT

This newsletter is named after a group art project of last summer's clinic participants.

In that project, everyone colored and decorated a separate piece of the overall design. When it was assembled, it became a dynamic and striking *wave* (right).

The success of this project (which now hangs in the clinic's group meeting room) serves to remind all of us that together we can accomplish something meaningful out of adversity.



## LINKS TO MAKE YOU SMILE

From Louie Garza **Denver the Guilty Dog**

<http://youtu.be/B8ISzf2pryI>



**Fainting Goats**

<http://youtu.be/RGz97dxGHV8>



**Charlie Bit My Finger – brotherly love**

[http://youtu.be/\\_OBgSz8sSM](http://youtu.be/_OBgSz8sSM)



## LINKS TO HELP YOU RECOVER

From  
Megan  
Slipper

### Gray Matter Support Group

Heidi Lerner facilitates a support group for people living in the community with brain injuries. She helps participants come to better understand and manage their symptoms of injury.

The Gray Matter support group meets on the third Thursday of each month from 5:30 to 7:00 pm at the Del Mar library.

Contact: Heidi Lerner  
Phone: (760) 579 – 3895  
Address: 1309 Camino Del Mar,  
Del Mar, CA 92014

Website:  
<http://graymatters4u.org/>

### Music and Recovery

“The use of music in therapy for the brain has evolved rapidly as brain-imaging techniques have revealed the brain’s plasticity – its ability to change – and have identified networks that music activates. Research has shown that neurologic music therapy can help patients who have difficulty with language, cognition, or motor control, and the authors suggest that these techniques should become part of rehabilitative care.” (M. Thaut and G. McIntosh, 2010)

For more information:  
<http://bit.ly/1thgCSF>

### Importance of Staying Active

Regular physical activity has been shown to produce long-term health benefits. People of all ages, shapes, sizes, and abilities can benefit from being physically active. The more physical activity you do, the greater the health benefits.

Being physically active can help you:

- Increase your chances of living longer
- Feel better about yourself
- Decrease your chances of becoming depressed
- Sleep well at night
- Move around more easily
- Have stronger muscles and bones
- Stay at or get to a healthy weight
- Be with friends or meet new people
- Enjoy yourself and have fun

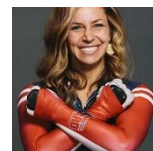
For more information:  
<http://bit.ly/1oHrZnW>



## QUOTE OF THE MONTH

**“Be fearless and love yourself for who you are.”**

— Noelle Pikus Pace, 2014 Olympic medalist



## CLIENT CREATIVITY

**Sitting Alone On A Rock Surrounded By Water** by Luc Paquin

It is night and I am alone sitting on a rock surrounded by water. The moon is big, full, shiny and lights the world around me with an unreal aura of serenity. The air is warm and slightly moist; the only sound heard is when I take a breath full of this warm balmy air.

I am alone and proud of being here, I am man in communion with nature.

I close my eyes and listen to the silence of the night. Far, far away I hear a wolf calling, he is there and I am here. I try to reach to him and find his purpose; he too is the master of the night. I open my eyes and look to the sky. The Milky Way looks as if someone had shaken in a long arcing motion, a paintbrush laden with milk at a black velvet ceiling. I hear the flutter of a bat passing behind me, endlessly searching for whatever a bat searches in the night. I close my eyes, again, trying to get in touch with myself. As my thoughts drift in the night, time passes by in a flash.

The air feels warmer and damp when I come back to reality. I open my eyes. It is still dark, but I can catch a glimpse of shimmering orange light on the eastern horizon. Before long, wispy tendrils of fog rises from the calm surface of the water and mate together to form big banks of cottony softness.

I am alone with a sleeping nature awaiting its arousal to consciousness. I can feel the dampness of the fog entering my lungs, and can taste its sweet aroma. I pick up the faint sound of a beaver swimming to its daily chores.

Finally nature starts to wake up. As if it is a signal the blood curling laughter of an Oldsquaw is heard. From that moment on, nature's awakening speeds up languorously like someone stretching to activate its circulation. First the enchanting songs of small birds, closely followed by the patter and chatter of squirrels running in the trees. I am surrounded by a universe of pearly white fog, boxed-in with my thoughts. The temperature is slowly rising, as are my hopes for a glorious day. The sun is illuminating the fog from above, and humidity starts to rise from the surface of the water surrounding me. It is warm and comfortable. The fog as a life of its own and shines with an incandescent whiteness as it slowly starts to rise above the surface of the water.

I feel like I am flying down through a big white cloud on the wings of my imagination. I am coming back to reality as the first beautiful, bright, yellow, hot sunray hits me square in the face. I drink in its energy like a thirsty man in a desert drinks water after reaching an oasis. I am now confident in life, I am alone and happy in communion with nature. I want to shout at the top of my lungs that I am Primeval Man, the King of the Creation. I am full of energy and feel that I could reach to the sun with my hands.

Suddenly the illusion is shattered; I hear a dog barking and a voice. I am not alone. I have to go back to a world where you have to be what people want you to be, instead of what you really are. Why? I was alone and King of the Creation, now I am just an ordinary man!



## CALENDAR

Here is what will be happening in **November**.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>3</b> Mindfulness class with Dee 10:30-11:30 at the clinic	<b>4</b> Regular clinic	<b>5</b>	<b>6</b> Regular clinic
<b>10</b> Mindfulness class with Dee 10:30-11:30 at the clinic	<b>11</b>  NO CLINIC	<b>12</b>	<b>13</b> Regular clinic Dave's speech 2 pm at the clinic
<b>17</b> Mindfulness class with Dee 10:30-11:30 at the clinic	<b>18</b> Regular clinic	<b>19</b>	<b>20</b> Therapy for some clients only. Check with your clinician.  Gray Matter support group 5:30 to 7:00
<b>24</b> Mindfulness class with Dee 10:30-11:30 at the clinic	<b>25</b> Regular clinic  Scripps Stroke and Brain Injury Support Group 2:30 -3:45 (more info: 760-633-6709)	<b>26</b>	<b>27</b>  NO CLINIC

Note: If you would like to add an event to the clinic calendar, please contact Satoko in person or via email at [fujin002@cougars.csusm.edu](mailto:fujin002@cougars.csusm.edu).

## DARLENE'S CHOCOLATE CHIP BANANA BREAD

1. Preheat oven to 350 degrees.
2. Spray loaf pans with non-stick cooking spray.
3. Whisk together flour, baking soda, and salt. Set aside.
4. In a separate bowl, cream together butter and sugar. Add bananas and eggs and blend well. Add vanilla and mix thoroughly.
5. Add dry ingredients to banana mixture, mixing well.
6. Fold in chocolate chips, but do not over-mix.
7. Bake for 55-60 minutes or until golden brown.  
 Can also be baked as muffins using a muffin tin and baking for 20-22 minutes.



### Ingredients

- 3c. flour
- 3t. baking soda
- 1t. salt
- 1 ½ sticks of butter or margarine
- 2c. white sugar
- 3c. mashed ripe bananas
- 4 large eggs, well beaten
- 2t. vanilla
- 1c. semi-sweet chocolate chips

When done, allow loaves to cool in the pans for 15 minutes, then turn out onto cooling rack. Makes two 9" loaves. Enjoy!

