

The Wave



Riding the wave of more effective communication together

MY CSUSM UNIVERSITY CLINIC EXPERIENCE -- BY MEGAN SLIPPER

The therapy I have received from CSUSM has been Fantastic! Much kudos and thanks to the grad students! After I received many years of outpatient therapy in Atlanta from PhDs, I didn't think that grad students could help me at all. I was pleasantly surprised! In fact, several of the "tests" or assessments I did for the doctors, were the same as the ones the student clinicians gave me! These "tests" or activities showed the students/clinicians where I was and what "goals" to set for me to ultimately achieve a more independent lifestyle.

Now, in my third semester of being a client at CSUSM, I am living much more independently than before. I can now cook a meal for myself (healthier and less expensive than always eating out!) and through being aware of how I handle my divided attention, I can accomplish more things. Therefore, I can keep up with the speed with life.

One of my tasks for therapy is to choreograph a tap dance that I will later teach to my clinician. In doing so, I am engaging and improving my planning and sequencing skills which are each carried out by the frontal lobe. In so much, improving my planning and sequencing skills will help me organize my daily activities. I am much more independent doing what I plan for myself to do!



Finally, CSUSM has helped me be more independent through keeping all of our rehabilitation lessons current. To my amazement, these students are *my* advanced. Using the assessments and activities in ways like the PhDs in Atlanta, and helping me to accomplish more things successfully in one day by exercising the executive functions in my brain.



Megan & her husband Tommy

After my car accident in Atlanta, I incurred diffuse damage over my brain (including damage to my frontal lobe). Regretfully, I did not make use of all the help and rehabilitation in Atlanta at the time. Although I did get some good help in Atlanta, now, I can get treatment for free at the CSUSM clinic! I do my best to review the lessons (I'm brain injured, remember?) As we all know, we must repeat, repeat, repeat our lessons and tasks in order to improve!

NEUROPLASTICITY

Neuroplasticity is the brain’s ability to reorganize itself by forming new neural pathways. Importantly, it allows the brain to compensate for injury.

In order for nerve cells in the brain to reconnect or form new connections, they need to be stimulated with the right types of activity and in the right way. Research has shown that the following are important principles to use in order to maximize recovery. Activities should be...

- **FUNCTIONAL.** “Use it or lose it.” It is important to practice the specific tasks that you want to regain function.
- **INTERESTING.** When possible, you should choose activities of interest to you. Higher interest level and varied activities bring better attention and active participation.
- **PROCESSED DEEPLY.** Activities that involve multiple senses help build stronger connections. Talk about it, answer questions, sequence steps, compare to other activities, use visualization to remember a place, etc.
- **POSITIVE** and **SUCCESSFUL.** Activities should be challenging, but possible. The positive emotions associated with success and with doing something interesting improve memory and learning.
- **FREQUENT** and **REPETITIVE.** Repeatedly practicing a task or the repeating of information strengthens neural connections. It is vital that stimulation to the brain and active participation occur throughout the day, every day.
- **LONG TERM.** The development of new neural connections takes time. Be patient and persistent during this long process. Recovery continues for months and sometimes years.

THE BRAIN THAT CHANGES ITSELF

Neuroplasticity occurs on a variety of levels, ranging from changes due to learning, to large-scale changes involved in cortical remapping in response to injury.

The role of neuroplasticity is widely recognized in learning, memory, and recovery from brain damage.



– Adapted from a handout from the recent CSHA convention

QUOTE OF THE MONTH

ONE DAY SHE FINALLY GRASPED THAT UNEXPECTED THINGS WERE ALWAYS GOING TO HAPPEN IN LIFE. AND WITH THAT SHE REALIZED THE ONLY CONTROL SHE HAD WAS HOW SHE CHOOSE TO HANDLE THEM. SO SHE MADE THE DECISION TO SURVIVE USING COURAGE, HUMOR AND GRACE. SHE WAS THE QUEEN OF HER OWN LIFE AND THE CHOICE WAS

HERS
©LUPYTHA HERMIN



Have a great summer
from your friends from Cohort 5!

BENEFITS OF SIGNS

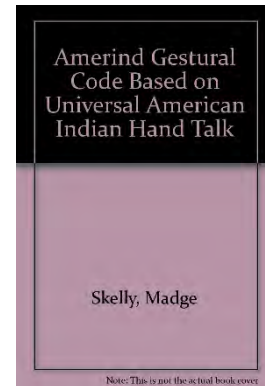
Sign language can be an alternate form of communication for individuals with aphasia and apraxia of speech.

Studies have shown that the use of American-Indian gestural code can help facilitate basic communication wants and needs.

In the book *Amerind Gestural Code Based on Universal American Indian Hand Talk* there are over 1,000 signs that represent common words, some of which could be understandable even to unfamiliar communication partners (for example, see the signs at right). Furthermore, this book provides modification of the 2-handed signs to 1 handed signs in order to accommodate individuals with paralysis or paresis.

You can order the book on Amazon for more information:
http://www.amazon.com/Amerind-Gestural-Universal-American-Indian/dp/0444003312/ref=tmm_pap_title_0?encoding=UTF8&sr=8-1&qid=1427239110

– Pam Rittenhouse



BENEFITS OF EXERCISE

Scientists have long believed that BDNF (a crucial protein essential for maintaining healthy neurons and creating new ones) helps explain why mental functioning appears to improve with exercise.

An Irish study suggests that the increases in BDNF prompted by exercise may also play a role in improving memory and recall.

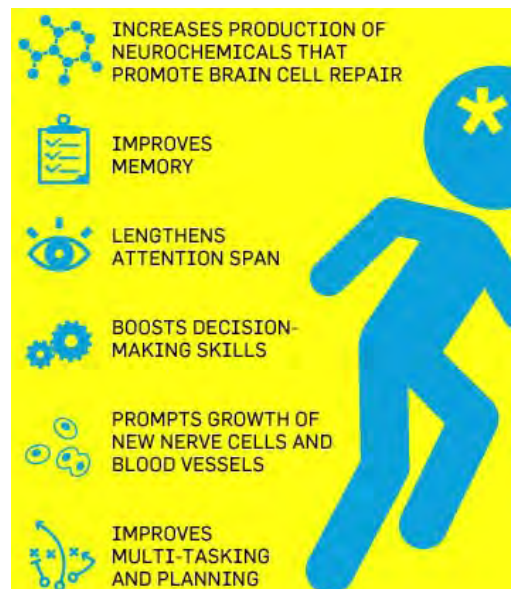
Christin Anderson, MS, wellness and fitness coordinator of the University of San Francisco, explains that exercise affects many sites within the nervous system and sets off pleasure chemicals such as serotonin and dopamine that make us feel calm, happy, and euphoric.

When one exercises, Anderson says, "you can think more clearly, perform better, and your morale is better. This is pure science – stimulate your nervous system and function at a higher level."

If you don't want to wait for those good feelings to come by accident, you can bring them on by *exercising*.

– Dee Franck

EXERCISE HELPS



CLIENT CREATIVITY: ED H.



This photo was intended solely for the use of the CSUSM clinic newsletter and is not to be redistributed or reproduced in any manner.

Ed is a new client at our CSUSM speech and language clinic. He has a passion for photography and cooking.

He took this photo a couple of years ago at a car show at Grape Day Park in Escondido. His eye caught the reflection of the truck in the rim of another car.

BONNIE'S FAVORITE HITS ACROSS THE DECADES!

THE 1940s:

- *In the Mood* - Glenn Miller
- *Swinging on a Star* - Bing Crosby
- *Riders in the Sky* - Vaughn Monroe
- *Rum & Coca-Cola* - The Andrews Sisters
- *Nature Boy* - Nat King Cole



THE 1950s:

- *Rock Around the Clock* - Bill Haley & his Comets
- *Jailhouse Rock* - Elvis Presley
- *Que Sera Sera (Whatever Will Be Will Be)* - Doris Day
- *Mister Sandman* - The Chordettes
- *Great Balls of Fire* - Jerry Lee Lewis

THE 1960s:

- *Oh, Pretty Woman* - Roy Orbison
- *Hey Jude* - The Beatles
- *I Want To Hold Your Hand* - The Beatles
- *Let's Twist Again* - Chubby Checker
- *Unchained Melody* - The Righteous Brothers





THE 1970s:

- *Stayin' Alive* - Bee Gees
- *You're the One That I Want* - John Travolta & Olivia Newton-John
- *YMCA* - The Village People
- *Imagine* - John Lennon
- *Let it Be* - The Beatles

APRIL CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 April Fool's Day Spring Break →	2	3	4
5 Easter	6	7 1 st day for Clinic after Spring Break	8	9	10	11
12	13 Scrabble Day 	14	15 Income Taxes Due	16	17	18
19	20 Patriot's Day	21	22 Earth Day 	23	24	25
26	27 LAST WEEK of CLINIC →	28	29	30 Last Day of Clinic		

Spring Break: March 27th - April 5th

April flower is the daisy

Last Dates for Clinic: April 28th and 30th

