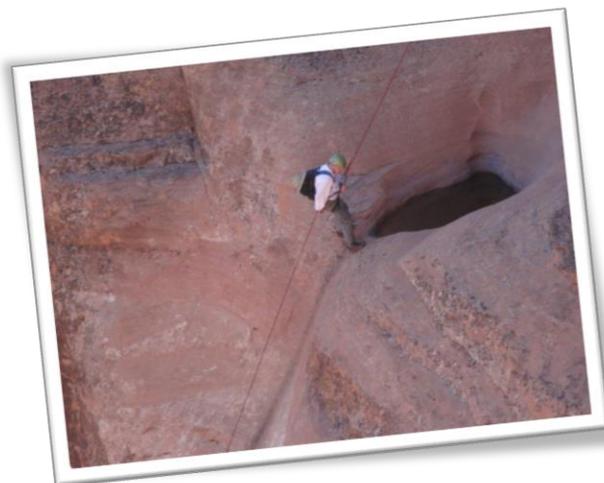


The Wave



Riding the wave of more effective communication together

EXPLORING THE SOUTHWEST BY KEN GOSWICK



Prior to my stroke, my passion was mountain biking, hiking, and exploring the southwest with my wife, family, and friends.

We're currently hiking short distances on the weekend with the goal of getting back on our favorite travels.



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>

WHAT HAPPENS TO YOUR MEMORY AFTER A STROKE? BY JIMMY NGUYEN

There are 4 types of possible memory loss:

1. **Verbal:** memory of names, stories and information having to do with language
2. **Visual:** memory of shapes, faces, routes and things seen
3. **Informational:** memory of information and skills or trouble learning new things
4. **Vascular dementia:** A common post-stroke condition involving loss of thinking abilities

Signs of Memory Loss

- Confusion or problems with short-term memory
- Wandering or getting lost in familiar places
- Difficulty following instructions
- Trouble making monetary transactions

Suggestions for stimulating the brain and improving memory and cognitive ability include:

- Trying something new. Try new hobbies that involve both the mind and body.
- Exercise. Physical fitness adds to overall physical and mental health.



There are two major categories of memory: long-term memory and short-term memory.

Long-term memory is our brain's system for storing, managing, and retrieving information. Learn more about it.

Closely related to "working" memory, **short-term memory** is the very short time that you keep something in mind before either dismissing it or transferring it to long-term memory.

Types of Long-Term Memory

As you would imagine, long-term memories are much more complex than short-term ones. We store different types of information (procedures, life experiences, language, etc.) with separate memory systems.

Explicit memory, or declarative memory, is a type of long-term memory requiring conscious thought. It's what most people have in mind when they think of a memory.

Implicit memory is a major form of long-term memory that does not require conscious thought. It allows you to do things by rote.

Autobiographical Memory: Most of us have one part of life that we remember better than others. Find out if you have a "memory bump"!

Memory & Sleep: Researchers have come to believe slumber actively helps our brains consolidate what we learn and remember. Can sleep hurt or help memory?

HAPPY
THANKSGIVING

THINGS WE LIKE TO DO BY NORM, MARK, HEATHER, LAMONT, HECTOR, AND JOHN



Norm: Horseback riding is exciting. You need a couple things first: a horse, a saddle, a bridle, reins, cowboy hat, and boots! There are also many types of horses. There are appaloosas, pintos, and quarter horses.

My horse: Diamond Jim



Mark: I produced music. I like all genres of music. They call me DJ Grinder! To produce music and DJ, you need tabletop mixers, a spotlight (to get the party started), and headphones. It takes a lot of practice, skill, talent, and party people!!

A DJ turntable mixer



Lamont: I love to rap because I am good at it! I like to rap about my life, my kids, and how good I am. Scarface inspired me to rap. My rapper name is Smoke.

My inspiration: Scarface the Rapper



Hector: I used to own a large nursery. It is very important to take care of plants. I have been nurturing plants all my life. All the plants are different. Some of them are big or small. I still take care of plants at home. I have some fruit trees and a vegetable garden.



Heather: I love animals. My favorite animal are dogs. I like big dogs. Some of my favorite breeds are golden retrievers, Labradors, and Great Danes. I used to have a Chihuahua and a big dog named Bunny. I had Bunny for 14 years! I loved to take them out with me on car rides!

My dog: Bunny



John: I love to watch horror movies. Some of my favorite horror movies are Frankenstein, Dracula, the Wolf Man, and Creature of the Black Lagoon. Sometimes I get really scared and hide under the blanket. When I watch horror movies, I like to have Dr. Pepper but no popcorn!



OUR FAVORITE PLACES

Julian – by Mary Wood

Julian a great place to go to be in the trees. The air is great up there at 5000 feet. The town is famous for its apples and pies. There are little stores there for shopping. Many of the buildings there are historic. You can visit the old cemetery or take a ride on the horse and buggy. The town decorates beautifully for the holidays. The Christmas tree is a beautiful sight. I recommend that you stop at Dudley's bakery on your way into Julian from San Diego.



Berkeley – by Jim Yoon

Berkeley is the city where I went to school. It is a great place to visit as there are many cool businesses and markets to see. I recommend grabbing a big slice of pizza at Blondie's. While in Berkeley, you can travel to nearby San Francisco.



SHOULDER EXERCISES BY JIM YOON

These exercises are designed to strengthen and stretch the shoulders. These exercises are useful for people who want to build up muscles or have stiff shoulders.

Exercise 1: Wall slides

1. Turn to face the wall.
2. Slowly, slide your hand up the wall as high as you can reach.
3. Hold the stretch for 20-30 seconds.
4. Slide your hand back down the wall.
5. Repeat three times on each side.



Exercise 2: Shoulder Rotation

1. Lay on the ground, face up.
2. Bring your hand to rest across your waist, with your elbow at a 90-degree angle.
3. Rotate your arm towards the ground or as far as you can go.
4. Return to your starting point and move back and forth.
5. Repeat three times on each side.

Exercise 3: Shoulder Pulley

1. Sit in a chair with your back to the wall.
2. Reach up to grab a pulley in each hand.
3. Alternating hands, pulling down with one and reaching up with the other.
4. If you do not have a pulley, reach up to the wall behind you and touch, then bring the arm back down.

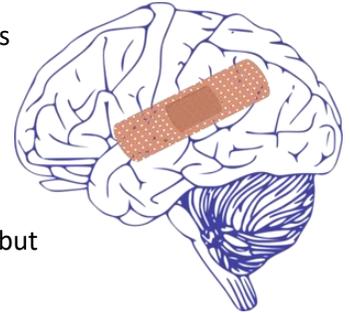


FIXING THE BRAIN BY DAVE VALIULIS

It used to be thought that damage to the brain from strokes or traumatic brain injury was permanent. Now we know the brain is “plastic” and can modify its own structure and function with effort. Even more exciting, there are medical advances that are promising far-reaching benefits.

The most promising approach is using **stem cells** transplanted directly into the damaged parts of the brain. Stem cells are primitive cells that can not only regenerate but also develop and differentiate into other types of cells with various functionalities.

In a widely-reported study at Stanford, 18 individuals -- of an average age of 61 -- who had experienced a first stroke 3 years previously and had motor function disability because of their stroke; underwent stem cell transplants, which involved drilling a hole into the skull and injecting stroke-damaged areas of the brain with stem cells. These stem cells were taken from the bone marrow of two donors and modified to boost brain function.



Within a month of the procedure, the patients started to show signs of recovery, and such improvements continued over several months. The researchers were surprised to find that after being injected into the brain, the stem cells only live for around a month, yet patients continued to show improvements for several months. The stem cells seemed to secrete deposits near the areas of the brain damaged by stroke, and these boosted reactivation or regeneration of nerve tissue, which improved motor function.

For more info: <http://www.medicalnewstoday.com/articles/310769.php>

This successful study is now being followed by a larger one involving 156 patients who had a clot-induced stroke within the last 5 years. The patients will be divided into two groups. Group One will have 104 people in it and will receive the stem cells. Group Two will consist of 52 people who will not receive any stem cells. Participants will not know which group they are in until the study is over in one year.

Taking part in this upcoming study is our clinic friend **Jane De Marco**. We all wish her our best!

QUOTE OF THE MONTH

Be **thankful** for what you have; you'll end up having more.
If you concentrate on what you don't have, you will never, ever have enough.

– Oprah Winfrey



TALKING ABOUT COMPUTERS WITH DAVE, PAUL, DEE, AND JANE

What is your favorite thing about computers?

Paul: The computer is a good tool to help get what you need but it is not my priority.

Dave: Playing games. Diablo is my favorite game. It's one of those games where you kill monsters.

Dee: Being able to Google anything. I like looking up words and looking at Pinterest.

Jane: I like finding recipes on the computer.

What is your *least* favorite thing about computers?

Paul: When it freezes. Now it is not a big problem but it used to be. I have lost everything I worked on.

Dave: Viruses and malicious people. My games got hacked and they stole my online character.

Dee: Social media, mostly Facebook. It is too overwhelming.

Jane: I hate having to pay bills all the time!

Your first computer?

Paul: I had a computer at work after college. It was a Compaq. It was expensive and cost about \$4000. It had the VisiCalc spreadsheet program.

Dave: I had my first computer at home because we were nerds. It was a Kaypro. It looked like an oscilloscope!

Dee: When I was 22 years old, I created my own company. I remember getting a computer at work and learning how to use it for spreadsheets.

Jane: My first computer was when I was in my 20's. I lived back East and I was an accountant for a supermarket.



Dee Franck, Paul Stevens, Dave Valiulis, and Jane De Marco

THINGS WE ENJOY ABOUT FALL BY MARY DOLNIK & NOEL LAUE

Thanksgiving feasts with our families.

Happy birthday Noel! hopefully someone makes him a pecan pie (his favorite)!

Apple pie- yum.

New colors changing in the trees.

Kids falling into piles of leaves.

Sweaters and cooler weather, maybe rain?

Grandkids coming to visit.

Inviting everyone who would be lonely to join us.

Visiting family and friends.

Iwant to write all my Christmas cards.

Nice quiet time in our favorite places.

Great food and family traditions (Mary's sauerkraut).



BETTER THAN SEX CAKE BY CATHY HEIZER



- 9 x 13 pan
- 1 box of chocolate cake mix
- 1 can condensed milk
- 1 jar Smucker's caramel topping
- 1 tub of whipped cream (Cool Whip)
- 3 heath bars



Bake cake mix per the directions on the box. Wait for the cake to cool. Poke holes into the cake. Pour condensed milk and caramel topping over the cake. Ice with whipped cream. Shave chocolate bars over cake.

DANA'S HONEY GLAZED HAM BY DANA WALKER-MARTINEZ



It's perfect for Thanksgiving, Christmas, or Easter.

- Any size fresh spiral ham
- Dole or Kern's strawberry and banana juice
- Brown sugar



Heat the strawberry and banana juice on the medium heat. Mix it with brown sugar. Cook it on the stove for 2-3 minutes or until the brown sugar is dissolved. Take it off the stove, and let it sit until it's ready to use.

Heat your oven to 350 degrees. Cook your ham as normal. Slowly pour your mix onto the ham every 10 minutes.

THINKING OF THANKSGIVING

Thanksgiving Dish Ideas! By Tony, Scott and Ken

- | | |
|---------------------------|--------------------------------|
| ✓ Pecan Pie | ✓ Corn on the Cob |
| ✓ Pumpkin Pie | ✓ Bacon-Wrapped Green Beans |
| ✓ Tamales | ✓ Side Salad |
| ✓ Mashed Potatoes & Gravy | ✓ Stuffing |
| ✓ Twice Baked Potatoes | ✓ Cranberry Sauce |
| ✓ Candied Yams | ✓ Apple Cider |
| ✓ Turkey | ✓ Martinelli's Sparkling Cider |

I'm thankful for By Mary Wood

- My family and friends
- Being alive, my health
- God in my life
- My home
- My pets
- Having nice neighbors

- I am thankful for my wife and family. – Tony
- I am thankful for my friends and family. – Scott
- I am thankful for my daughter and grandchildren. – Ken