

## The Wave



*Riding the wave of more effective communication together*

### JOE MUTSCHELLER AT DEL MAR RACETRACK

Joe worked at the Del Mar Racetrack for 25 years. He worked in the booths, where he handled cash for customers betting on horses.

Since Joe's injury, his boss, Ann, has been very understanding and supportive. She offered him a modified part time position where he works at the gate and greets the employees and horse owners.

Joe independently takes public transportation to get there and enjoys seeing all his friends and coworkers (see the picture at right).



### MY LITTLE COUSIN BY FRANK FLORES

Here is a photo of Reef, my happy little cousin. He was born in Virginia where he lives with his family. I saw a picture of Reef three hours after he was born. He is now two and a half years old and weighs 40 pounds.

He is full of life and laughter. Reef and his parents, Sarah and Robert, were recently here for the weekend. He found the buttons to push on my mom's chair and was sliding up and down on the footrest. He was having a gay old time, talking clearly a mile a minute. Then he came running and gave me a high five! They only visited for a couple of hours, but Reef really made my day!



## 4 SPEAKING TIPS BY DAVE VALIULIS

They say that little things can make a big difference.  
Try these 4 simple tips to help you communicate better.

### 1. Slow Down

Nobody will hold it against you if you speak more slowly. Remember, great speakers do the same to get their message across.



### 2. Give Yourself Time to Think

A tip to giving you more to find your words is have several all-purpose stock phrases always ready. For example, you can begin a reply by saying *"I think,"* or *"In my opinion"* (longer), or (longer still) *"If you want to know what I think."*

Or you can begin by repeating the question without feeling the pressure of having to say something before you're ready.

### 3. Try Phrases, Not Only Words

One of the paradoxical aspects of aphasia is that it's sometimes easier to find a word when it is preceded with a phrase. Having trouble coming up with *"coffee"*? Try saying (or at least thinking) *"a cup of hot \_\_\_\_."*

### 4. Listen and Ask

Communication is a two-way process. If you don't ask questions, it might seem that you're not listening and uninterested. Worse, you might also end up being the one who must do all the talking!

**why?**  
**how?** **who?**  
**WHEN?**  
**Where?**

Questions will keep the conversation going and will show your interest in other people's opinion. They will also give you time to relax a little and start enjoying yourself.

## EPIPHYLLUM HOUSE SAFARI PARK BY PAUL VANDERPLOEG

Paul has been a part of the Epiphyllum Society for several years. He thoroughly enjoys gardening and often helps with events which raise money for the society.

Volunteering at the Epiphyllum House/Garden has lots of benefits while helping to maintain the San Diego Epiphyllum Society Safari Park Epiphyllum House.

Some of the benefits of volunteering for the Epiphyllum Society include:

- Free admission to both the Safari Park and the Zoo, plus free parking at the Safari Park.
- Volunteers receive one free admission ticket (good for anyone) for every 25 hours volunteered, limited to 6 tickets each year.
- Volunteers receive discounts at restaurants, gift shops, and for tours, overnights, and other special experiences at the Safari Park and the Zoo.

Be part of a group that loves getting together and having fun while gardening! Ask Paul for details!



*Paul's favorite flower is the 'Clown'  
Hybridizer: Phyllis Flechsig*

## TONY MUNOZ, THE TRICK ROPER

When I was about 5 years old, I was first exposed to trick roping through my father's horseman group. I begged them to teach me, so they occasionally showed me tricks. After that, I learned them on my own by practicing at home.

At around age 20, I was considered an expert trick roper. This skill allowed me to travel all over the U.S. and Canada. I toured with the singer Linda Ronstadt and the Will Rogers Follies musical. I met all sorts of interesting people like George Lopez, a duet called Big and Rich, Paulina Rubio, and Billy Joe Shaver. I still practice now and then and would like to get a call to perform somewhere soon.



## THE RESTAURANT I BUILT BY RANDALL NYGAARD

These are pictures of the Music Box music venue and restaurant in San Diego (<https://musicboxsd.com>). I oversaw the restaurant construction to make sure it ran properly and communicated with the owner to confirm he was happy with it.

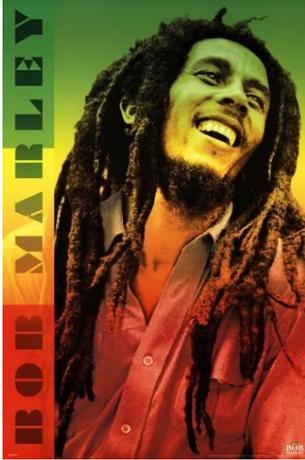


In 2016, I was working on site there, confirming it was ready for inspection. It was on the balcony there that I fell from a ladder and broke my hip. While in the hospital I had a stroke on each side of my brain. Since then I have been recuperating as best as I can. I had to relearn how to walk, eat, and talk.

However, I am getting better every day thanks to God.



## MY FAVORITE SONG BY FRANK FLORES



### "Buffalo Soldier" by Bob Marley

There was a Buffalo Soldier in the heart of America  
 Stolen from Africa, brought to America  
 Fighting on arrival, fighting for survival

I mean it, when I analyze the stench -  
 To me it makes a lot of sense  
 How the Dreadlocked Rasta was a Buffalo Soldier  
 And he was taken from Africa, brought to America  
 Fighting on arrival, fighting for survival

Said it was a Buffalo Soldier, Dreadlocked Rasta -  
 Buffalo Soldier in the heart of America

If you know your history  
 Then you would know where you're coming from  
 Then you wouldn't have to ask me  
 Who the heck do I think I am

I'm just a Buffalo Soldier in the heart of America  
 Stolen from Africa, brought to America  
 Said he was fighting on arrival, fighting for survival  
 Said he was a Buffalo Soldier win the war for America

Said he, woy yoy yoy, woy yoy-yoy yoy,  
 Woy yoy yoy yoy, yoy yoy-yoy yoy!  
 Woy yoy yoy, woy yoy-yoy yoy,  
 Woy yoy yoy yoy, yoy yoy-yoy yoy!

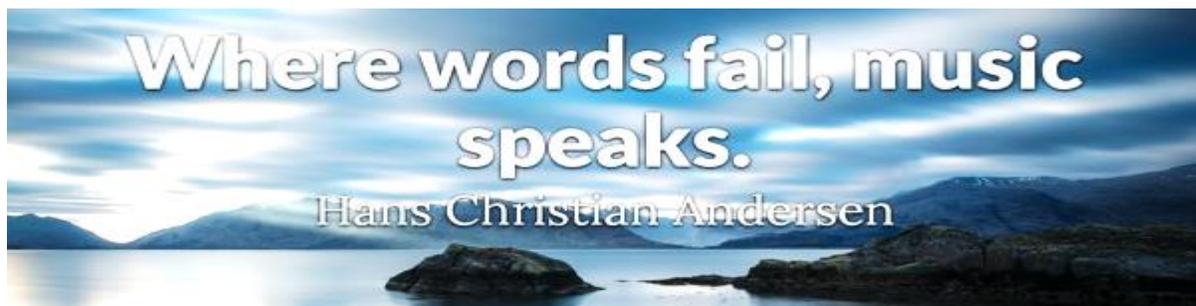
Buffalo Soldier troddin' through the land, wo-ho-oo!  
 Said he wanna ran, then you wanna hand  
 Troddin' through the land, yea-hea, yea-ea

Said he was a Buffalo Soldier win the war for America  
 Buffalo Soldier, Dreadlocked Rasta  
 Fighting on arrival, fighting for survival  
 Driven from the mainland to the heart of the Caribbean

Singing, woy yoy yoy, woy yoy-yoy yoy,  
 Woy yoy yoy yoy, yoy yoy-yoy yoy!  
 Woy yoy yoy, woy yoy-yoy yoy,  
 Woy yoy yoy yoy, yoy yoy-yoy yoy!

Troddin' through San Juan in the arms of America  
 Troddin' through Jamaica, a Buffalo Soldier -  
 Fighting on arrival, fighting for survival  
 Buffalo Soldier, Dreadlocked Rasta

Woy yoy yoy, woy yoy-yoy yoy,  
 Woy yoy yoy yoy, yoy yoy-yoy yoy!  
 Woy yoy yoy, woy yoy-yoy yoy,  
 Woy yoy yoy yoy, yoy yoy-yoy yoy!



## MAKING A FRESH ARRANGEMENT FROM GREENS BY DIEDRE FRANCK

A simple arrangement can be stunning and simple to make!



Select a variety of textures from outdoor plants, bushes, and trees (flowers optional). Good time to prune!

- Place fresh stems, cut at an angle in a bucket of water for a short time. Any woody stems can be crushed with a hammer, so they absorb water easier.
- Select a container of your choice. It can be as simple as a Mason jar, beautiful crystal vase, or a pitcher.
- Fill half the container with water before placing the greens.
- I like to cut a branch at least one to one and a half times the length of the container. If you desire a shorter, compact arrangement, that is fine too.
- Start with your first variety, adding another, turning your vase around as you arrange to make it more uniform. Just using a few stems or filling the container are both desirable options.

It's your choice! Have fun and enjoy the process.



## MY TRIPS TO ANZA BY BEVERLY COLLINS

Three or four times a month, I go to Anza with Robert and his dog, Moto. We go on Friday or Saturday and stay overnight or for the weekend. It is about an hour and a half drive. We stay in a cabin that Robert has been renting for the last 6 years.

I love Anza because of the fresh air and how peaceful it is. It is one of my favorite places to go. When we are there, we like to relax and watch TV. We take long walks with Moto and I like to take a lot of pictures of the beautiful scenery.



## MY TOP 10 FAVORITES BY JESSICA CORONADO



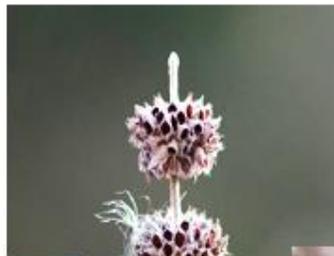
- Favorite movie: "Man on Fire"
- Favorite movie stars: Adam Sandler and Denzel Washington
- Favorite store: Macy's
- Favorite sports: Soccer and football
- Favorite animal: Her dog
- Favorite color: **Purple**
- Favorite drink: Coke
- Favorite foods: Pineapple, avocado, bacon, and sushi
- Favorite activity: Celebrating Easter
- Favorite places: Paris and Italy



# WINTER WALKABOUT BY BRUCE HEIMBACH



I enjoy walking at Lake Miramar, for light exercise and "quiet time." One day in late January, with an overcast sky, I brought the camera. I was trying to find and capture the essence and beauty of the flowers, insects, and scenery. Even on a very dry day in the winter season, you can find the simplest things.



## OUR CABIN IN ARROWBEAR BY RORY KORNIK

My family has had a cabin in Arrowbear for 8 years. Arrowbear is right in the middle between Lake Arrowhead and Big Bear. It is in the San Bernardino National Forest and does not have marked trails. I recently went to the cabin over Spring Break where we played horseshoes and had great food.



In the winter, I used to snow skate, which is a combination of skateboarding and snowboarding. I used to also sled and snowboard on a hill behind our cabin. In the summer, I like to fish on Lake Arrowbear, play horseshoes, and watch the bats come out at night! We have a dartboard that I like to play as well. There are a lot of variety of birds to watch as well, including blue jays and woodpeckers.



So, between playing darts, watching the bats, and playing horseshoes, we have a full day.

## SICILIAN RIB EYE STEAK BY JANE DEMARCO

*You will never throw a plain steak on the grill again!*

- 2 nice rib eyes at least 1 ½ lbs each
  - 1 cup bread crumbs
  - ½ cup Pecorino Romano cheese grated
  - ½ tsp coarse salt
  - ½ tablespoon oregano
  - ½ tablespoon dry parsley
1. Clean meat in cold water and dry with paper towels.
  2. Rub with olive oil all over the meat.
  3. Mix bread crumbs, cheese, and seasonings.
  4. Grill on a high fire for 4 minutes on each side.



**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>