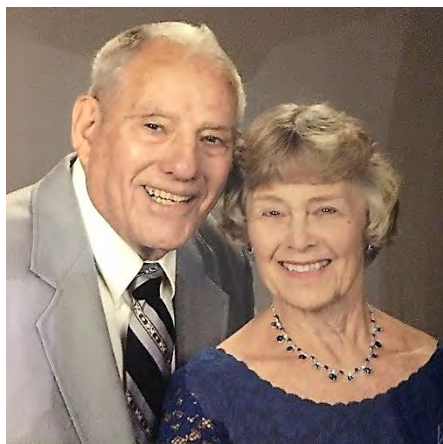


## The Wave #29



*Riding the wave of more effective communication together*

### WHO AM I? BY ARTHUR SERRIN



My name is Arthur Serrin and this is my wife, Lois. We have been married for 67 wonderful years. We have 2 sons and 4 daughters. We moved to California from Ohio in 1953 after our honeymoon. We lived in the San Fernando Valley for 14 years, and then spent 19 years in Ohio, and returned to California in 1987. We have been here ever since.

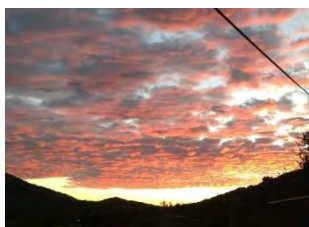
I spent most of my career at TRW (now Northrup) as a Contracts Manager in aerospace and 14 years at Davy McKee in commercial contracts.

My wife, Lois, helped me in many ways after my open-heart surgery in 2015 and stroke in 2019 and the many difficulties associated with my recovery. She has been my guardian angel and a source of contentment. We have now been happily living in Carlsbad, California for 34 years.

I am extremely grateful for all the help I have received from the compassionate, knowledgeable, and professional CSUSM Therapists during the past years. I feel I have made much progress with this program.

### LAKE WOHLFORD BY MARK MCLAUGHLIN

I live at a lake. It is a man-made lake. You can fish on the lake. They stock the lake with fish for fishing. You can also take a boat out on the lake.



The sunsets are beautiful.

This is the view from my deck.



## THE MARINE CORPS WAS MY FRIEND BY FRANK LUSSIER



I was 18 years young when I joined the Marine Corps and served for 8 years.

Some of the places I traveled were Kuwait and Al Jubail and some of my time served included Desert Storm. This was a great experience.

Most of our supplies were sent to Saudi Arabia aboard C-130 transport planes which also transported some of the light armored vehicles. Talk about a powerful piece of steel!



For several years, I was stationed at Camp Pendleton and Camp Lejeune. I remember the time when I hurt my hand playing football with the guys during my free time. At first, it was funny until I realized I needed a cast.

My four friends from Camp Lejeune were special to me because although we had some tough times, we had good times as well. Unfortunately, I have not kept in touch with them.

Coming back after my 8 years was a culture shock. However, my civilian friend Danny helped me get through it because he was always there for me.

This was an experience that I will never forget. I'm proud to say that it will be mine forever.



## SIGNS OF SPRING #1



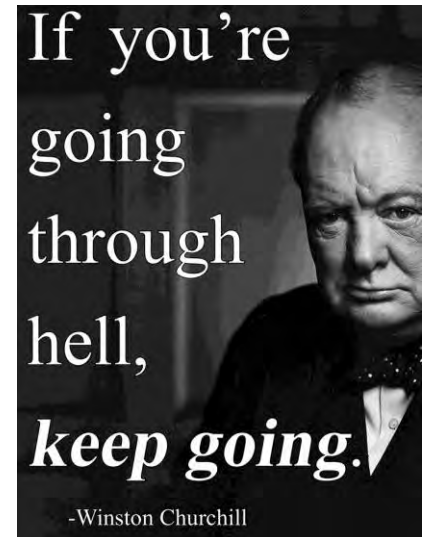
## A SURVIVOR'S GUIDE TO MOTIVATION BY DAVE VALIULIS

We all know keeping motivated is hard. That's why 45% of us give up our New Year's resolutions after only *one* month!

When I lose my motivation, it helps me to stop for a moment, take a deep breath, and remember that big changes start with little steps. And if you take just one little step today, you have moved closer to your goals. As a famous man once said, "If you're going through hell, *keep going.*"

So here are five tips about motivation to do just that.

1. Studies have found that **play and enjoyment** are the strongest factors in staying motivated. Therefore, try incorporating things you *enjoy* with your speech and rehab exercises. For example, try reading a book to a little kid, playing cards or a word game with a friend, and so on. Or turn your focus to something that you always wanted to do, like taking a class, painting, creative writing, or volunteering.
2. Another factor in motivation is **being realistic** about your goals. Pacing your expectations is better in the long run than painting an-overly rosy – or a gloomy -- picture. If your goal-is to overcome *all* your deficits, you will have a harder time keeping that up than if you pick one thing at a time.
3. Keep in mind that *you* are the most important person in your therapy. You may feel tempted to sit back and let the therapist take charge and feel that without her, you are just spinning your wheels. Not true! Acknowledge your own accomplishments. This means, you can **be your own advocate** to empower yourself – to make the most out of your rehab. Don't use others as a crutch, especially your family. Each time you speak for yourself – no matter how imperfectly—your confidence will grow.
4. Many people lose motivation because they think their recovery has plateaued. Don't give in to this depressing lie that your recovery must-be over. Although it's true that recovery is more rapid in the first months after a brain injury, it's also true **recovery really never ends**. Study after study has shown that the so-called "window of recovery" does not exist. For example, many survivors see recovery for many years after their accident.
5. They say that you're never too old to learn new things. That goes for *relearning old* things too. This is thanks to **brain plasticity** – the remarkable way that our brains can accommodate and change to learn – or to relearn. Modern research has shown that – long after childhood – the brain can continue to create new neural pathways and alter existing ones to adapt to new experiences, new information, new memories, and to recover lost abilities.



And this is great news for people like us, and it should motivate us all!

**OTHER TYPE OF THERAPY** BY BRUCE HEIMBACH

I really like to work on my ‘language exercises,’ but I have to rest a little bit. I have to redirect my energy and my focus to other types of therapies.

I found my garage is quiet place as the “solitary art caveman.” Oil painting is everything or nothing or the meaning of life. When I’m using my creative thinking, it helps to re-energize my brain. It works as a rebound or a boomerang – to re-learn and improve my language skills.

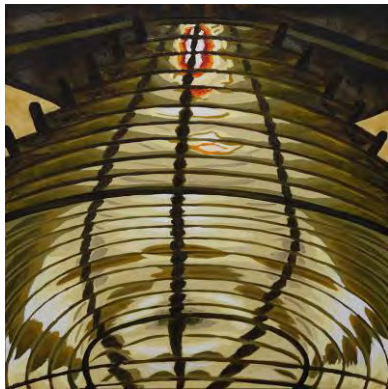
Usually, I use my photographs as a reference and tweak it a little bit. I like glass bottles and other curved glass. Then, convert the glass into oil paint on canvas as an illusion.



Glassworks 18 – 18” x 24”  
**Vin Ordinaire Blanc**



Glassworks 19 – 18” x 24”  
**Vin Ordinaire Rouge**



Glassworks 21 – 20” x 20”  
**Lighthouse**



Glassworks 22 – 20” x 16”  
**Bodie Lanterns**



Glassworks 20 – 20” x 20”  
**Lighthouse**



**Survivor Diptych** – 100” x 40”

## GUN SAFETY WITH CHILDREN BY NORM BISHOP



Can you remember your very first television set? I remember my first color television set. They began selling color televisions around 1954. I was nine years old when my mother submitted my name plus all of my brothers and sisters names in a grocery store drawing for a brand-new color television.

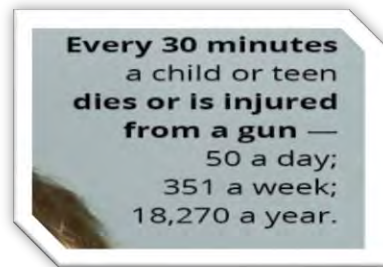
What do you know? My name was drawn. It was a surprise. We were the first family in my entire neighborhood to have a color television. Roy Rogers, Gene Autry, and Howdy Doody never looked so good.

Several years later, my brother was watching TV and he was showing off his rifle to the family. He didn't know it was loaded and he shot the TV. It was an accident. He was shot. The bullet ricocheted from the TV into his leg. It went in and out the other side of his leg. I was shocked.

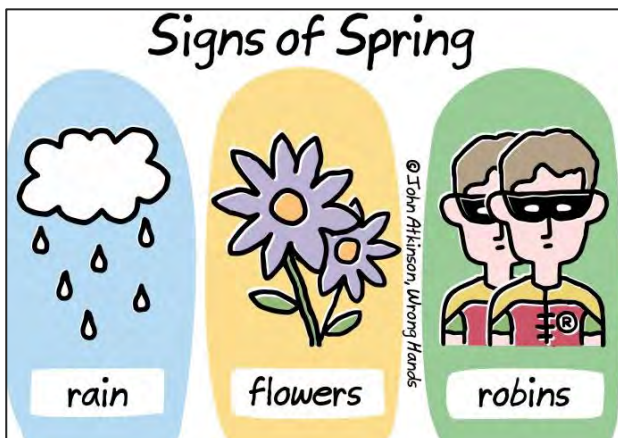
My dad took him to the emergency room. I rode in the backseat with my brother. I was putting pressure on the injured leg. My brother got stitches and wrapped his leg with gauze. The TV was history, but the bullet was put in a jar to save. The End.

### Gun Safety Tips

- Don't let the gun be loaded.
- Don't point the gun at anyone.
- Keep your guns in a gun safe.
- Keep the safety lock on.
- Go over gun safety with your children.



## SIGNS OF SPRING #2



## SPEAKING IS A LOT LIKE SINGING BY DAVE VALIULIS

For more than 100 years, therapists have noted that people were able to *sing* words that they could not *speak*. So it was with me; I could sing the “Happy Birthday” song long before I could say the words “this is my birthday.” This is because the speech centers of the brain are mostly in the left hemisphere (the side I had my stroke on) while singing uses areas from all over the brain.



But this fact goes beyond being able to sing a common tune. Consider this...

There is a professor at UCSD named Diana Deutsch. She studies how music and speech relate to each other. In 1995, she found that speech can be heard as song, without transforming the sounds in any way, simply by repeating a phrase. (Here is her example, [http://philomel.com/asa156th/mp3/Sound\\_Demo\\_1.mp3](http://philomel.com/asa156th/mp3/Sound_Demo_1.mp3).) She called this transformation of speech turning into song an *illusion* because talking and singing are thought of as two separate activities. But are they really?

The tonal quality of speech is well known to every Asian speaker but to typical English speakers it tends to be overlooked. But people who work with language challenges know that *saying* and *singing* are really two sides of the same coin. When aphasia makes the saying inaccessible, the singing-side is often ready and able.

So I learned that if I was having trouble saying a particular phrase, the best thing I could do was to flip my mind into my singing mode, paying attention to the melodic rising and falling of the stress, pitch, and prosody. My speech pattern may not sound like a melody to you, but in my mind’s eye, I may be singing!

Music and language both involve hearing so it makes sense that working on one would somehow affect the other. Therapeutic singing and melodic intonation therapy (MIT, a method of inducing speech using musical tones or rhythm) have resulted in significant improvements in stroke survivors who have severe aphasia.

The following two YouTube videos are people with aphasia who learned to speak by “singing out” the words:

- [https://youtu.be/F\\_5verI-bj8](https://youtu.be/F_5verI-bj8)
- <https://youtu.be/EK5qqYYxjn4>

**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>