

Speech Recovery Pathways



April 2023

April Quarter Newsletter

The 3 C's in life:
Choice, Chance,
Change.
You must make the
Choice, to take the
Chance, if you want
anything in life to
Change.

Monthly Highlights

• **Member Highlight** •

Donald Lee

• **SRP in the Community** •

Fullerton Museum Group Trip

• **Fun Activity** •

Spring-themed word unscramble

• **Caregiver Corner** •

Self-care for Caregivers

~ Member Highlight ~

Donald Lee

Donald Lee joined Speech Recovery Pathways in December of 2022, committed to work on his speech and cognitive skills due to having Parkinson's Disease. He enjoys his speech/cognitive groups, being challenged with other like minded individuals.

In addition, Don is a professional stained glass artist and has created many masterpieces. He also started playing ping pong as a way to help his reaction time, problem solving skills and for fun! He also attends classes with Cognitive Care Solutions and plays Brain HQ in his free time.

Don is motivated and determined to continue to fight against Parkinson's. We are truly amazed by you! April is National Parkinson Awareness Month. Learn more and support the National Parkinson Foundation <https://www.parkinson.org/>



Don playing ping pong



Don's stained glass artwork

~ Fullerton Museum Group Trip ~



SPEECH RECOVERY PATHWAYS IN THE COMMUNITY

By Jennifer Rosales

At Speech Recovery Pathways, we believe in reintegrating back into our community. In February we did just that. We had the special opportunity to visit the Fullerton Museum as a group. It was a lovely evening where we toured the exhibits, made creative bookmarks and did a little shopping in their cute gift shops.

Our members truly enjoyed seeing the talented work of Ansel Adams, a photographer who captured pictures of the Japanese American relocation camp in Manzanar, California, during World War II. In addition to this exhibit, we toured the Fender guitar exhibit and saw some Disney artwork.

Thank you Fullerton Museum for partnering and hosting us for this incredible event. To check out more about this museum visit <https://www.fullertonmuseum.com/exhibits>

~ Fun Activity ~

Directions: The following words are out of order. Rearrange the letters to reveal a spring-themed word! **Hint:** *The first letter of each word is underlined.*

1. prisng
2. molobh
3. rawm
4. trosup
5. zeeber
6. plenlo
7. nisnuhes

solutions can be found at the end of the newsletter

~ Caregiver Corner ~

“BEYOND BUBBLE BATHS - SELF-CARE FOR CAREGIVERS”

By Royce Morales

The topic of self-care is a buzzword bantered about frequently. But what does it really mean, especially for those in a caregiver role? Is it taking lots of me-time bubble baths? Shopping spree treats? Eating decadent desserts without counting calories?

Is it even possible for self-care when the majority of your time is spent caring for another?

Self-care may sound selfish but it's not. It is a basic necessity to lead a happy life which exponentially enhances being able to care for others. Compare it to the importance of nourishing a child you are raising.

True self-care is a profound practice involving self-acceptance; embracing and caring about all aspects of yourself, warts and all. It means taking action to resolve old guilt which leads to self-forgiveness. Most importantly, it involves deserving to express why you are here, your true life purpose.

Although self-care helps you feel better on stressful days, research has proven it plays a key role in experiencing physical, emotional, and spiritual growth. It facilitates staying away from self-sabotaging behaviors and toxic situations.

As a caregiver, it energizes you to offer more compassion to those you are caring for.

When someone is dependent on you, self-care often takes a back seat. However, there are opportunities to support your well-being.

Some suggestions:

- **Get it out.** Openly acknowledge (to yourself, and if appropriate, to others) the emotions you are feeling. This helps anger diffuse, sadness to release, resentment and frustration to lessen.
- **Get a break.** Request assistance and/or support from others. This can allow them to offer help in unexpected, maybe even surprising ways.
- **Appreciate yourself.** Recognize your strengths and validate what you do. How often do you stop, notice and praise even small progress you make? Or are you busily comparing yourself to others who appear to have achieved more?
- **Approve of you.** Separate from needing approval from others to feel good about yourself. Emotional independence helps you choose and keep healthy, balanced and supportive relationships.

With your endless pile of caregiver responsibilities, it's far too easy to sink into negative attitudes and anxiety. It might take determination and some inner work, but even that bubble bath can remind you of the importance of self-care. So, go fill up that tub and give it a try. Then, tomorrow do something even bigger!

About the author:

Royce Morales developed [Perfect Life Awakening](#), a trailblazing, spiritually-based approach to inner transformation and true self-care. She authored three books about her teachings. Her latest is called "Back: Rebirth After Stroke" where she describes utilizing her spiritual teachings to assist with her husband's stroke. www.RoyceMorales.com

Solutions to the word activity:

1. spring, 2. bloom, 3. warm, 4. sprout, 5. breeze, 6. pollen, 7. sunshine





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