

Speech Recovery Pathways



# August Quarter Newsletter

Take pride in how  
far you have come  
and have faith in  
how far you will go.

## Monthly Highlights

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- **Member Highlight** •
- **SRP Talent Show** •
- **Caregiver Corner** •
- **OC Summer Events** •
  - **Sponsorship** •

~ Member Highlight: Joe Garate ~

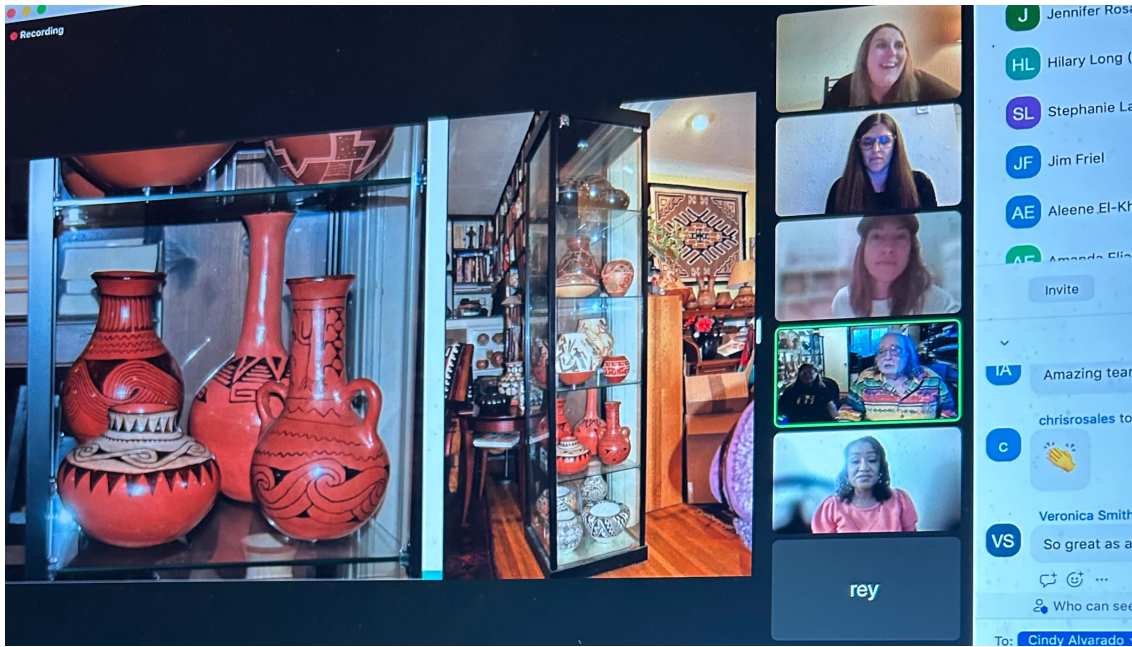


Meet Joe, a stroke survivor and amputee who has shown incredible resilience in his journey to recovery. Despite facing multiple challenges, Joe's determination shines through as he walks daily and dedicates time to speech practice, resulting in significant improvement. Joe continues to lean strongly on his faith, and has even returned some to his work as a worship leader. He has a passion for music and playing keyboards. Joe shares his favorite quote, 'Keep your face always toward the sunshine—and shadows will fall behind you.' by Walt Whitman, which perfectly captures his positive spirit and inspiring outlook on life.

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~ SRP Talent Show ~



## **2023 SRP Talent Show!**

This June was the annual SRP Talent Show and it was a roaring success! The virtual audience watched several participants share their unique abilities, applauding with delight at each presentation. It proved once more that the challenges of speech disorders from any cause can be overcome with steadfast determination.

We were gifted with Safira's beautiful singing for the opening and closing acts (she's on Instagram @thebestmetoday), Don sharing his fascinating stained glass collection, Daniel letting us vicariously enjoy his travels, Jim's eclectic pottery pieces, Cindy's special recipe turning ordinary ingredients into extraordinary delights that got everyone's taste buds buzzing, Bryn's talented pooch helping with her daily routines, Steve's soothing and touching rendition of John Denver's Sunshine on My Shoulders, and Michael's jigsaw puzzle prowess. What an inspiring and fun evening! Can't wait for next year's show!

~ Caregiver Corner ~

***April Caregiver Meeting Notes with Samina Kwan,  
Psychologist***

**By Royce Morales, Caregiver Group Coordinator**

What an honor to have Samina Kwan give her time and expertise to our Caregiver meeting this past April! Samina shared several important bits of wisdom, things you can utilize to help your ongoing journey as a caregiver.

First and foremost, Samina gave us permission to take a “time out” whenever necessary. She reminded us that stepping away for even a few minutes is a positive way to cool off when feeling anger or frustration. This one small step can help avoid blow-ups and arguments. Like a true therapist, Samina used the important analogy of being on an airplane and putting on your own oxygen mask first.

It’s not unusual that caregivers struggle with believing we aren’t doing enough. The guilt that gets triggered can easily turn into frustration directed unfairly at our loved one. “Time outs” can help sort through why you are really angry and can help remind you that you are doing our best. Wisely, she emphasized that we are not, and it is impossible to be, responsible for making the other person happy.

Samina pointed out that as a caregiver here are natural changes that occur in the relationship we have with the one we are caring for. Roles that change can be challenging both for the caregiver as well as our loved one. For example, shifting to a mothering role rather than a spouse or a sibling, is it any wonder there’s pushback.

Overall, Samina’s time with us was a good validation of the many struggles caregivers have that are not often given voice to. However, she emphasized that it’s up to us to shift our perspective, utilizing mindfulness tools to help us manage how we experience these challenges. When things are particularly trying, she recommended seeking and/or continuing therapy to help navigate through this trying role. We deserve a safe place to be supported and cared about!

I encourage you to attend August 18th at 10:00 a.m. when Samina will be available to all caregivers again. Bring your own questions and feel free to pick her brain.

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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](http://www.RoyceMorales.com)

~ OC Summer Events ~



Seeking fun summer activities? Orange County is hosting a series of free concerts and film screenings from June to August. Besides offering live entertainment, these outdoor events are a great way to get your vitamin D! Not only does vitamin D play a crucial role in bone growth and strength, but it can also support overall immune health. Studies have shown that having appropriate levels of this vitamin reduces the risk of heart disease, multiple sclerosis, and even COVID-19. Thus, we encourage everyone to get outside, have fun, and allow the sunlight to help with vitamin D production.

**For a complete list of dates and concert/film titles, please visit the following website: <https://www.ocparks.com/news/oc-parks-presents-2023-summer-concert-series-and-sunset-cinema-film-series>**

**Read more about the benefits of vitamin D here: <https://www.healthline.com/health/food-nutrition/benefits-vitamin-d#1.-Vitamin-D-may-fight-disease>**

*\*For those who do not live in Orange County, you can find local events by visiting your county's website. \**

~ Sponsorship ~



<https://fountainvalleyphysicalmedicine.com/>



<https://www.greentomatogrill.com/>



<https://www.eggpresso.co/>

**A huge thank you to these organizations for their generous donations and ongoing support.**

**If you know a company that would be interested in partnering and pledging a small donation, please email [jennifer@speechrecoverypathways.org](mailto:jennifer@speechrecoverypathways.org).**

**To donate directly visit: <https://speechrecoverypathways.org/donate/>**



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