

Speech Recovery Pathways



2024

Quarter One Newsletter



~ Monthly Highlights ~

- **Announcements** •
- **Caregiver Corner** •
- **Holiday Event Recap** •

- **New Year Goals** •
- **Recipes to Try** •

~ Announcements ~

**There are numerous events to look out for in the upcoming months!
Please note the important dates below:**

- **Feb. 9th** – Move that Body Class (10:00 a.m. PT)
- **Feb. 9th** - Caring for the Caregiver Group (9:00 a.m. PT)
- **Feb. 11th** – Football Pool
- **March 1st to 29th** – Hundred X (complete surveys & help raise money for SRP)
- **March 10th** – Eggstravaganza

Please stay tuned for more details via e-mails and meetings

~ Caregiver Corner ~

“Minding Your Mind”

By Kathy Su

If anything is worth sharing, it's this reminder: Guard the gates of your mind. A guarded and uncluttered mind invokes freedom and joy.

But worry and anxiety is universal, especially among caregivers. Which means that, as a caregiver, it's even more important to get your thoughts in order.

Consider the thoughts you are allowing to dwell in your mind. The thoughts consuming your mind are controlling your life. Whatever seeds are planted in your mind eventually become a reality. In other words, you are choosing the kind of life you want by what you allow into your mind.

"Whatever is true, whatever is honorable, whatever is pure, whatever is right, whatever is lovely, whatever is commendable, if there is any excellence and if anything, worthy of praise, think about such things." Philippians 4:8

How can you be the guardian of your thoughts? The first step is taking an honest inventory, noticing what you automatically or habitually think.

At this moment, gather a pen and paper and write down three things you would like your life to look like. Then write down three reasons stopping you from gaining those desires. Recognize that these reasons are just thoughts, and you can choose to believe them or discard them. They have only as much power as you give them.

But how can you not worry about every possibility that might arise?

Perhaps you have thoughts that question your competency as a caregiver. Does part of you believe you are not doing a good enough job?

I can personally attest that a head full of worrying thoughts has not added an ounce of joy to my days, nor did it change my circumstance. It certainly didn't make me a better caregiver for my husband.

In the past, I would easily give in to negative thoughts. I even allowed myself to feel guilty when thinking *good* thoughts, believing I was being selfish. This was not true and definitely not right or lovely.

I learned the discipline of intentionally processing and sifting through my thoughts. I made a commitment to ask what thoughts belong and what does not; what aligns with my core values. Then I begin deleting and managing my thoughts by recognizing where they are coming from – a place of truth or some old untrue programming.

In time, I began seeing realistic options. I could accept what I didn't have control over and change what I could.

Nourishing your mind promotes growth and character. It's part of self-care. It can improve your quality of life. You are no longer held captive by your thoughts; rather, you hold your thoughts captive.

As an illustration, I used to think I was *less than*. I let that thought permeate and reside in my mind, keeping it there to "validate" my personal fears. My previous self, every decision, every action, everything I said came from a belief about that *less than* notion.

By not valuing myself enough, how could I expect others to place any value on me?

With practice, I learned to make way for the right kind of thoughts that edify my heart and promote wellness. By doing this, I received clarity; I understood that I was just as worthy as others. I could see that I was not less than or more than others, gaining a much healthier and honest perspective.

As a caregiver, having some degree of worry and anxiety may be unavoidable. The key is not letting it be a dominant driving force in your life.

Be discerning with your thoughts. Managing them will affect the quality of your life, opening you to live with joy and hope.

Your wellness is well worth the effort.

Note: *Caring for the Caregiver Support Group meets the second Friday of every month at 9:00 a.m. PT. Reach out to Royce for info and a zoom link! Royce@RoyceMorales.com*

~ New Year Goals ~



Welcome to 2024! With the start of a new year, setting goals is a great way to reset, accomplish new things, and stay motivated. There are many types of goals you can set to target different areas of your life, including personal development, physical health, mental health, and so on... there is no limit!

Here are some examples of goals that may inspire you:

1. **Start a collection:** Collecting items is a creative way to showcase your interests and personality. In addition, going out to seek items can allow you to visit new places and possibly meet other collectors with similar interests.
2. **Learn new recipes:** Learning new recipes is fun and deliciously rewarding. You can add variety to your meals, enhance your cooking skills, and impress friends and family!
3. **Read/join a book club:** Reading provides entertainment, while also keeping your brain active. With so many genres to choose from, there is something for everyone. Plus, if you join a book club, you will be able to share your thoughts and also hear from others.
4. **Exercise:** Staying active is important for everyone's physical health. That may involve stretching, walking, dancing, or other activities that fit your lifestyle and preferences. Have fun and stay moving!

Whatever you set your mind to, remember that each step counts and it does not matter how much time you need, as long as you stay focused. We wish everyone a happy and prosperous year!

~ Holiday Event Recap ~



GOALS AND GRATITUDE

By Jennifer Rosales

We concluded the year with a delightful gathering at De Oro Puerta Mexican Restaurant in Brea. We felt the absence of those who couldn't join us locally. Whether in person or online, having each other's support is crucial. Having constructed a community that genuinely embodies a sense of family, the evening was filled with many hugs and laughter as we reminisced about our achievements in 2023 and brainstormed all that lies ahead in 2024.

What are your goals for 2024? We're here to encourage, support and assist you in reaching them in any way we can. Don't hesitate to ask!

It's truly impressive to see survivors conquer many challenges and not let speech and language difficulties shape their identity. Keep up the excellent work!

Thank you for all your support in 2023! We could not have achieved any of our goals without the incredible sponsorships, donors and loyal participation from each of you!

~ Recipes to Try ~

🍴 Here are some yummy and simple recipes to try! 🍴

1) Black bean and chicken quesadilla

- **Ingredients:** Tortillas, one can of black beans, shredded cheese, shredded cooked chicken (or plant-based chicken option)
- **Instructions:** Place a tortilla on a hot lightly oiled pan and layer on the cheese, beans, and shredded chicken. Follow up with another tortilla on top. Once the cheese appears melted, flip the quesadilla to ensure it is cooked thoroughly on both sides.

2) Vegetarian Chili

- **Ingredients:** Canned chili beans, canned diced tomatoes, canned tomato sauce and chili seasoning
- **Instructions:** Combine all of the ingredients into a pot and cook on medium heat. Allow the chili to come to a soft boil and remove from heat. Serve as a side dish, over hamburgers or hot dogs, as part of a quesadilla (above) or as a dip with tortilla chips.

3) Chocolate Mousse

- **Ingredients:** 1½ cups of cold heavy cream (split into two bowls), 1 cup of chocolate chips (milk chocolate or dark chocolate)
- **Instructions:** Heat ½ cup of the heavy cream for approximately one minute then add in chocolate chips. Stir to combine. Set the bowl aside until melted, then whisk together until smooth. Set aside the mixture to allow it to cool.
- Place the remaining cup of cold heavy cream into a bowl and beat with an electric hand mixer or whisk until soft peaks appear. Transfer half of the mixture into a smaller bowl and refrigerate. This will serve as a topping for the chocolate mousse. Continue whisking the remaining half until stiff peaks appear. Fold into the chocolate mixture with a large spatula in groups of three.
- Refrigerate mixture for around 1-4 hours then serve with the set aside whipped cream on top.

Enjoy!



Final remarks:

Thank you for taking the time to read our newsletter. We hope you find the content informative and inspiring! If you have any questions or comments, please do not hesitate in reaching out.



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