

The Wave #38



Riding the wave of more effective communication together

JIM'S LEARNING JOURNEY BY JIM SINCLAIR



I have a doctorate and master's degree in public administration from **USC**. My doctoral dissertation was called "Implementation of New Jersey's Hazardous Waste Disposal Facility Siting Policy." I have a master's degree from **Rider College**. I have a bachelor's degree in civil engineering from **Widener University**.

I enjoyed working with the student clinicians. I was certified by the **University of Tennessee** at Chattanooga. I studied philosophy and humanities at **Rutgers University**. I studied political science at Harvard University. I got my professional engineers license in the **State of New Jersey** in June 1975. I really worked very hard and I enjoyed working with my classmates. I feel very proud of myself.



OLLIE BY TANIA GONZALEZ

Last year's Halloween Ollie my cat was a bumble bee and bat costume. He doesn't like it because he feels uncomfortable, but he's very cute.



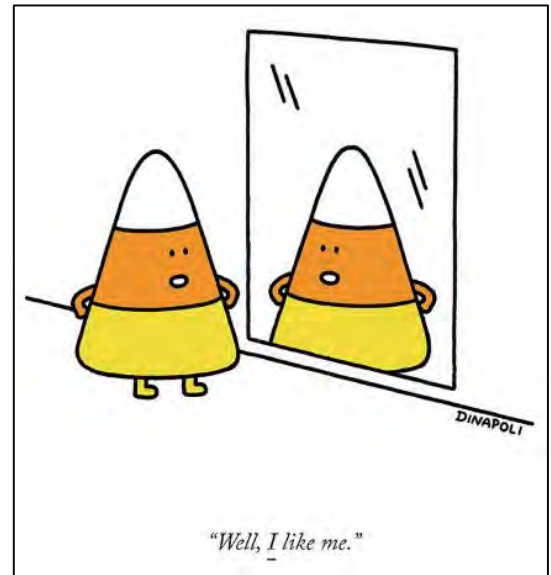
This Halloween, he's going to be in a lion costume, like this:

CANDY CORN: AWFUL OR AMAZING? BY DAVE VALIULIS

Candy corn earned the title of **Worst Halloween Candy** last year, for the second consecutive time, even beating out *circus peanuts*, those insipid orange peanut-shaped spongy, banana-flavored horrors.

Surprisingly, the annual production in the United States was a whopping 35 million pounds, or almost 9 billion pieces of the despised candy. Most candy corn sales occur during the happy Halloween season. I am guessing that sadistic people like to give it out on Halloween to mask their evil **trick** as a **treat**.

Perhaps those who dislike it do so because of its texture and its monotonous flavor. The hatred of candy corn can perhaps be best explained because, unlike many candies, its flavor doesn't incorporate contrast — no nuts, no caramel, no nuthin' except sugar. Even its three bands of colors don't taste differently. It's just sickeningly sweet through and through, which your taste buds get tired pretty quickly, like eating spoonfuls sugar.



The **favorite Halloween candy**? The yummy Reese's Peanut Butter Cups.



OUR POOL CLEANER BY STEVEN MCKINLEY



My Kreepy Krauly wore out over time and we had to put in a new pool vacuum cleaner. I've found a better one on Amazon.

Originally, I started with the Pentair Kreepy Krauly cleaner but found a better solution called US Xtreme Power for a quarter of the cost!

Both cleaners require someone to put them together, such as putting the vacuum motor on your pool (motor RPM and valve setting) as well as the length of the vacuum hose. But once you understand it, it's pretty simple.

The pool guy knows how to put it together. If it takes more than two instructions, then I get the pool guy to do it.



For the cost, the US Xtreme Power works! Here's our pool with the new cleaner!

HEALTHY PIZZA ROLLS BY CHRISTINA NGUYEN

1. Preheat oven to 400 degrees Fahrenheit.
2. Cut the zucchini into circular slices (not too thick).
3. Set one zucchini slice in each muffin cup.
4. Scoop White Pizza sauce (whatever amount you desire) on top of the zucchini.
5. Place oregano leaf flakes, chili flakes (if you want to add some spice), and cheese on top of the pizza sauce.
6. Repeat steps 3-5
7. Place them in the oven for 20 minutes or until they look golden.
8. Enjoy your healthy pizza roll without any guilt! 😊



Ingredients:

- Zucchini
- Cheese
- Avocado Spray
- Chili flakes
- Oregano leaf flakes
- White Pizza Sauce

Supplies:

- Oven
- Muffin tin

HALLOWEEN WORD SEARCH BY MAX CABAUG


G S C A R E D V U M J W Q Z M
 S P V R W R M S S U E Y V K C
 B U N E N D I S W Z V E G L M
 S M S N H K C P E S S W N O Y
 D P V P G Y H I K P C E Y Z R
 T K A M N V A D N P A B R W H
 C I M M J G E E C Q R H A M A
 P N P X T M L R X T Y Q R M L
 X N I W R Z M D F R A Y I P L
 G Y R F I V Y K R E X H A O O
 O M E V C C E R Z A V E S I W
 W O L F K O R S N T T P A I E
 Z B Y V I Y S X F I Z D O X E
 W O L C A N D Y C O R N P G N
 F S E T I Y W S J Q R C O L L

Can you find these scary words?

michaelmyers
candycorn
vampire
scared
pumpkin
treat

Halloween
trick
spider
wolf
scary
web

VACCINES UPDATE

<i>Flu</i>	<p>Protect yourself and your loved ones this flu season — get your flu shot. For better protection against flu, the CDC recommends people 65 or older get one of the higher-dose flu vaccines, if available.</p> <p>The flu virus can be a very serious health risk if you're 65 or older. Getting your flu shot is the best way to protect yourself against the flu. And if you do get sick with the flu, your symptoms likely won't be as bad or last as long.</p> <p>Medicare covers the flu shot at no cost to you.</p>	
<i>Covid</i>	<p>There will be better protection against severe disease, hospitalization, and death from COVID-19 now that the newly updated COVID vaccines are available. The new shots are expected to keep more people from getting seriously ill with the virus through the winter when infections and hospitalizations tend to tick upwards. And unlike the spring booster that targeted people ages 60 and older, these updated vaccines are for everyone ages 6 months and older.</p> <p>Note that the COVID vaccination cards are no longer needed.</p>	
<i>Shingles</i>	<p>People with Medicare Part D (drug coverage) can now get even more covered vaccines, including vaccines for shingles, whooping cough, and more.</p>	

CAN THE FLU VACCINE PREVENT A STROKE?



An increasing body of evidence suggests that getting vaccinated for the flu may lower the risk of stroke. In study published in *Neurology* in September 2022, researchers looked at a health care database of almost 3 million people in Spain over a 14-year period.

In this group of 85,932 people, 41.4 percent of the stroke survivors and 40.5 percent of the control subjects had been vaccinated for the flu. The study found that people who received a flu shot were 10 to 15 percent less likely to have a first stroke than those who did not get the vaccine, regardless of sex, age, and risk profile.

This study was observational only; it did not test whether a flu vaccine protects against having a stroke. It just showed an association between the flu vaccine and a reduction in stroke, but the finding provides yet another reason to get vaccinated. How a flu shot could prevent strokes isn't entirely clear.

THE SMALL THINGS BY BRUCE HEIMBACH

We went to a wedding last July in Pine Hills near Julian. Our daughter, Lauren, was married there; she picked the venue, and all the details and the trimmings. Everything in the event was perfect.

The venue in Pine Hills was built in 1912, surrounded with oak trees and gentle hills; it is a “retreat” — to relax or recharge. Of course, I had a few hours, and I took some photos – The Small Things. When I collect some “small things,” I have to gather my thoughts and use proper words and *find even better* words.



THINGS TO DO IN & NEAR VALLEY CENTER WITH MIGUEL

BATES NUT FARM: Suited on woods valley road this big farm is a prime location for people of any age to see and enjoy a day in the country. Through animals, special events (car shows, mud girl mud run), and food, Bates Nut Farm provides a healthy environment to enjoy picnics.



Bates is most well-known for its pumpkin season during the fall (September-November). During this season you can expect to see mazes of hay, tractor rides around the farm, and of course scarecrows. The Bates store not only sells various types of nuts, candies, and homemade goods, it also has a Farmer's Daughter Boutique. Hours of operation: 9am-5pm, may change depending on events.

NURTURED BY NATURE: This nonprofit organization is home to otters. People can swim with them in a big pool. The organization also introduces you to other species of exotic animals. Prices are \$650 and \$800 per person and tax deductible. Hours of Operation: 10am-1pm Saturdays and Sundays.



WINERIES: Valley Center does not just have avocados and oranges. It has wineries too! As an avid wine connoisseur, these are some of the following vineyards you must visit:

- Hill Top Winery
- Triple B Ranches
- Pauma Vista Vineyard

My personal favorite is Hill Top Winery because it is the only winery that has a kitchen.

RESTAURANTS: When it comes down to eating there are three places you should have a bite to eat at.

1. My personal favorite is **The Yellow Deli**. The food is not just simple homemade food it is organic farm to table. When you first step foot inside, the aesthetic of the place makes you feel like you are stepping back in time. The inside interior is a mixture of Amish, hippie, and woody middle earth folk.
2. **Portinos**. This Italian restaurant has many types of pizzas to pick from.
3. **Country Junction Deli**. This deli doesn't just serve delicious sandwiches, it also serves coffee and ice cream.

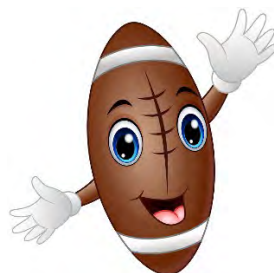
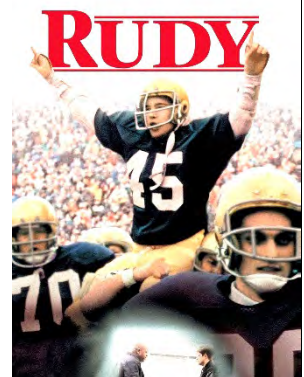
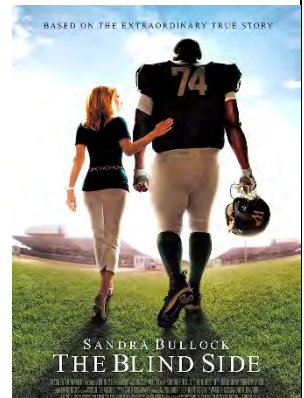


CASINOS: Harrah's Casino is by far the best choice especially if you want to eat at Gordon Ramsay's Hell's Kitchen. Valley View Casino has a good steakhouse and buffet. Pauma Casino is 10 minutes away from Harrah's and is 18 and over for gambling.



FOOTBALL MOVIES BY FRANK LUSSIER

1. ***The Blind Side (2009)***: It's a true story about a homeless African American kid. He was taken in by a well-to-do white family who helped him fulfill his potential. I like it because Leigh Anne Tuohy is the mother of Michael Oher.
2. ***Concussion (2015)***: It's a true story about brain injury players with concussions. Dr. Bennet Omalu, a forensic neuropathologist, researched the injuries for chronic traumatic encephalopathy (CTE) in football players. It makes you wonder why brain injuries happen with players from long ago.
3. ***American Underdog (2021)***: It's a true story about Kurt Warner. There are two different stories about Kurt Warner: Football player and his wife and the struggles he had with both.
4. ***Little Giants (1994)***: Two brothers: one of them is big and the other one is tiny. It's where one of them was the head coach and the other one wants the group to go and have fun. Both are coaches for pee-wee football. It's funny and it has good analogies of good and evil.
5. ***Rudy (1993)***: It's a true story about Rudy Ruettiger and his fascination with Notre Dame. He tried to play for Notre Dame and succeeded. I like it because of Rudy's fascination for Notre Dame football.
6. ***Remember the Titans (2000)***: It's a true story about two football coaches for The Titans: one is African American, and one is White. They butt heads and later, they're friends. The African American and White players blended. I like it because they had struggles in the beginning, but they are good now.
7. ***The Express (2008)***: It's a true story about Ernie Davis, the first African American to win the Heisman Trophy. It's a good film because it's a struggle that he endures.
8. ***Brian's Song (1971)***: It's a true story about Brian Piccolo and Gale Sayers. It's about struggles with both. The bond was established when Piccolo discovers he is dying. I like it because Piccolo and Sayers struggle for everything but eventually Sayers helped Piccolo.
9. ***Radio (2003)***: It's a true story about Radio, which is a person, and his coach. The coach helps him with his disabilities. The bond of Radio and the coach is good.
10. ***Ace Ventura: Pet Detective (1994)***: Ace Ventura: Pet Detective is about a goofy detective. He needs to go look for a dolphin. It's a good film for the viewers because my favorite team is the *Miami Dolphins*.



NORTH AMERICAN BATS BY RANDY NYGAARD

WHY: my oldest grandson is very interested in bats.

Western mastiff bat

- It's the most prolific bat in California.



Big brown bat

- 12 inch wing span



Western red bat

- Lives from the ocean to forest to the beach near San Francisco.
- Eats flying insects and moths
- Offspring are called pups and they can have up to five pups and carry them under their wings. As they grow, they will become too heavy and the mother will lose her ability to fly and have to drop some.
- Size 4" to 12" wingspan



Pallid bat

- The Pallid bat became the state bat of California with the passing of bill 732 on October 17, 2023.
- Roosting habitat of pallid bat day and nighttime different locations:
 - Day in cracks or crevices
 - At daytime tree bark crevice
 - At nighttime close to forage areas



California Myotis

- Goes into hibernation.
- Eat all types of insects.
- Found all over California coastal range.



California Leaf-Nosed Bat

- Cannot migrate due to smaller wingspan compared to other bats.
- On the "Concern list" as it's heading to endangered.
- Only bat that eats caterpillars.



VACATION SPOTS BY CHRISTINA NGUYEN, MARK BECKMAN, RAJA GHUSSEIN, MICHAEL MORALES**Barcelona:**

- Museums, walk in the park, see the art.

Greece:

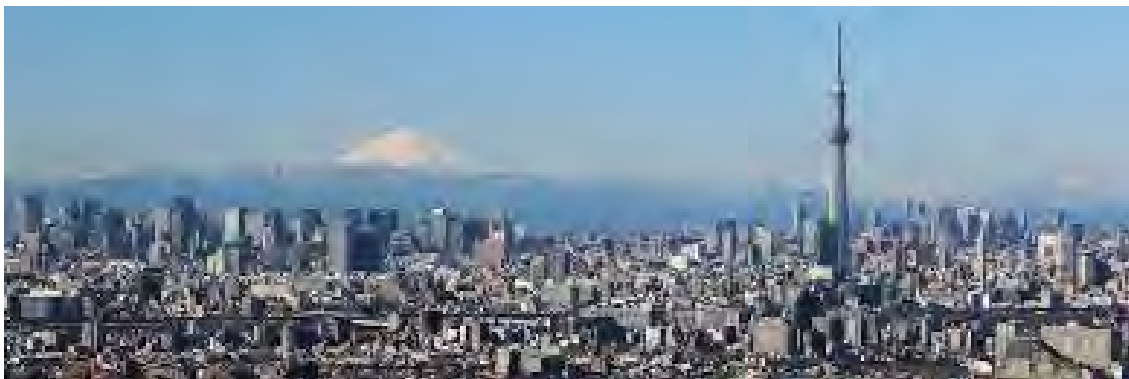
- Mykonos, Athens, Santorini
- Relax, check out Athen's history more, food, check out the beaches.
- Get there by plane (it will take 14 hours 50 minutes from San Diego)

**Catalina:**

- Fishing, hiking, swimming, sports, spikeball, volleyball, bike rides, paddleboard, restaurants, grocery stores. rock climbing, live music.
- Get there by plane or boat.

**Japan, Philippines, Istanbul:**

- Food, Manilla, shopping.
- Food, Tokyo, take pictures (14 hours and 10 minutes from San Diego).
- Mosque, Bazar, food (shish kebab), fruit.



RAJA'S GARDEN BY RAJA GHUSSEIN



Apple (تفاحة).



Berries (توت).



Guava (الجوافة)



Peaches (خوخ)

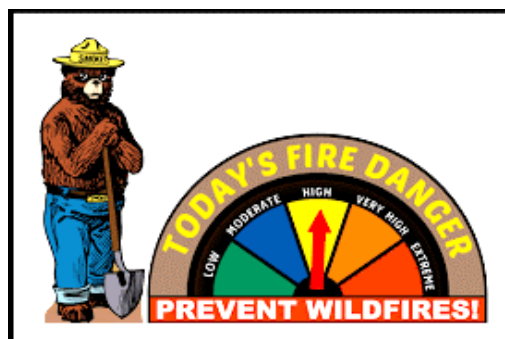


White, black, red berry (توت). Askadinya

FIREFIGHTER IN LAKE ELSINORE BY FRANK ROMERO

One of my hobbies is doing jigsaw puzzles. The puzzles are of Smokey and the bears. Smokey is a part of the U.S. Forest Service in the Wildfire Prevention. I was a U.S. Forest Firefighter in Lake Elsinore.

I enjoy making puzzles because anyone can make them. I have made four puzzles that I have in my binder.



CANDY CORN POPCORN BALLS (FROM THE PIONEER WOMEN) BY OLIVIA CARRILLO

My favorite cookbooks are from the Pioneer Women. They also have merchandise and a TV show. I love how they roll. I hope you enjoy this Halloween recipe! Boo!

Ingredients:

- 6 tbsp. of popcorn kernels
- ¼ cup of peanut oil
- ½ cup of sugar
- Cooking spray
- 1 cup of candy corn
- ½ cup of salted roasted peanuts
- 4 cups of mini marshmallows
- 4 tbsp of salted butter
- 1 cup of crushed pretzels
- ½ cup of Halloween sprinkles

Steps:

1. Remember to take out the ingredients to make sure you have everything you need.
2. Put a large pot on the stove over medium heat. Put your popcorn kernels and peanut oil inside of the large pot.
3. When the oil starts to sizzle, sprinkle the sugar over the kernels.
4. Put the top on the pot; shake it for about 8 minutes until the popping slows down.
5. Put a cooling-rack on the side of the stove and remove the pot from the heat.
6. Pour the popcorn onto a baking sheet and spread the popcorn out in an even layer. Then you let the popcorn cool.
7. Next, we are going to coat a large bowl with cooking spray and then add the popcorn, black and orange sprinkles, candy corn, pretzels, and peanuts.
8. Next, combine the marshmallow and butter in a large pot on medium-high heat.
9. Mix it until it's smooth; for about 5 minutes.
10. Pour the marshmallow mixture into the bowl of popcorn.
11. Coat your hands in cooking spray, then make 2-3 inch balls (depending on the size of your family) with the popcorn.
12. Then you let it cool and then put everything in the sink.

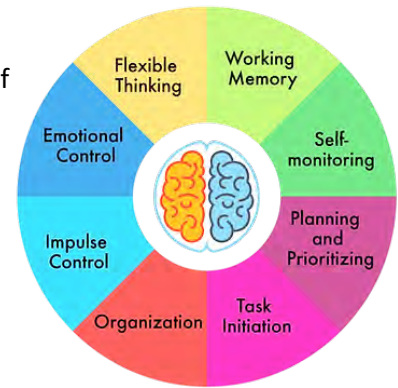


SLP CORNER: APHASIA AND EXECUTIVE FUNCTIONS

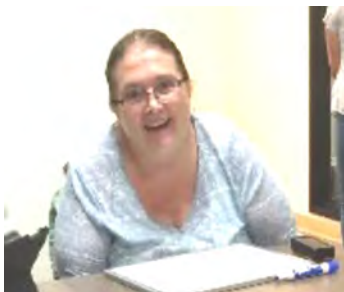
Many people with aphasia also have executive functioning problems.

The term *executive function* is a business metaphor, suggesting that it is like the chief executive that monitors all departments so that the company can be efficient and effective. So, the term *executive functions* in neuroscience refers to the higher-level cognitive skills you use to control and coordinate your other cognitive abilities like working memory, flexible thinking, and self-control. We use these skills every day to learn, work, and manage daily life.

It is important to consider executive function ability in clients with aphasia. Understanding the cognitive abilities as well as the linguistic abilities of clients will ultimately help clinicians determine which treatment approaches would be most efficient and beneficial.



IN LOVING MEMORY OF HEATHER SWANSON



1.12.1957 — 9.4.2023

Despite her challenges, Heather was resilient and participated in our sessions for many years supporting positive clinical growth for our students. Heather brought laughter to group sessions with her wit and sense of humor.

Her siblings said that coming to clinic and seeing her friends made her week. She will be deeply missed by the clinic, her friends, and her family.



Heather (center) in a group session in 2017

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>