

The Wave

Riding the wave of more effective communication together



EASTLAKE CHURCH PROPEL WOMEN BY BEVERLY COLLINS

We meet every Wednesday 6:30-8pm to talk about what we are passionate about.

What are you passionate about in life?

I am passionate about:

- Family
- Friends
- Speech college
- EastLake Church
- Fitness (Ideal Gym and Walking)
- CR Celebrate Recovery
- Propel Women
- My children (Jonathan, Elias and Sarah)
- Robert
- Robert's children (Robert, Elizabeth, Christina)
- Remembering Mom and Nana and family in heaven
- Peace, hope, belief, joy, faith



Beverly  and her Propel friends

PUMPKIN CRUNCH BY PAUL VANDERPLOEG

Pumpkin crunch became so popular, it is sold in many grocery stores in Hawaii.

My wife and I have been making pumpkin crunch since 1971. This recipe became a family favorite for years!



Pumpkin Krunch

1 can pumpkin (large, 29 oz.)
 1 cup sugar
 1 can evaporated milk, (12 oz.)
 3 eggs
 ¼ teaspoon cinnamon

1 box yellow cake mix
 2 sticks melted butter or margarine

Preheat oven to 350°. Line a 9 x 13 inch pan with waxed paper. Mix pumpkin, evaporated milk, sugar, eggs, and cinnamon together and pour into waxed pan. Pour dry cake mix over pumpkin mixture and pat nuts on cake mix. Spoon melted and cooled butter or margarine evenly over cake mix and nuts. Bake for 50-60 minutes. Invert over a foil lined cookie sheet or serving platter. Serve warm or cold with a dollop of whipped cream.

TAKING ONE DAY AT A TIME BY JOHN KLEIN

After I had my stroke, my speech has become a big challenge that I have to deal with on a daily basis. Some days my speech is working okay for me but other days I find myself struggling with my speech. It could change within the hour, the day, or the month.

During those times, I have to remind myself to take it a day at a time. I am thankful for my family members, neighbors, and friends who support me. Enjoying my time with them is something I can still do. I enjoy going out to dinner in Carlsbad with my family. I also enjoy walking or riding my bicycle with a friend or by myself on the boardwalk/sidewalk of Carlsbad village and beyond. Lastly, I like attending my friend's wedding, which I recently attended.

I am thankful for the SLP's who have helped me at Scripps and CSUSM. I'm going to keep walking and working on my speech.



SOME THINGS I'VE ENJOYED DOING BY KEN GOSWICK

Motorcycling in Ocotillo, California (1994)



Hiking in Bryce Canyon, Southeastern Utah



Rock rappelling in Moab, Utah (2014)

MY SALSA RECIPE BY TONY MUNOZ

- 1 Garlic
- 3 Roma Tomatoes
- ½ Onion (chopped)
- Splash of water
- 2 Carolina Reaper Peppers



Warning: Carolina Reaper peppers are very hot!

1. Cut up all of the ingredients and blend in a blender.
2. Transfer ingredients to pot on stove top and cook for about 5 minutes.
3. Add dash of salt while salsa is cooking.
4. Put finished salsa in mason jar used for canning (these jars make the salsa last longer).



WHO YOU GONNA CALL?

2-1-1 San Diego is a 24-hour confidential phone service dedicated to connecting people with community, health, and disaster services for San Diego County.

As a local, nonprofit organization with connection to over 6,000 community, health, and disaster services, it provides a free, 24-hour, confidential phone service in many languages and a searchable online database that focuses on health, food, housing, disaster, veterans, and other specialized needs.

When you call 2-1-1 San Diego, you are connected with a Client Service Representative who can navigate the complex system, prescreen you for possible program and benefit eligibility, and connect you to the best resources and services that fit your need.

For example, to get for health-related assistance, dial 2-1-1, press your language option (1 for English; 2 for Spanish; 3 for any other language), then press 3. Then a person will help you with your health needs assessment, health education, case planning, advocacy, connection to resources, and ongoing care coordination.

See more at: <http://211sandiego.org>

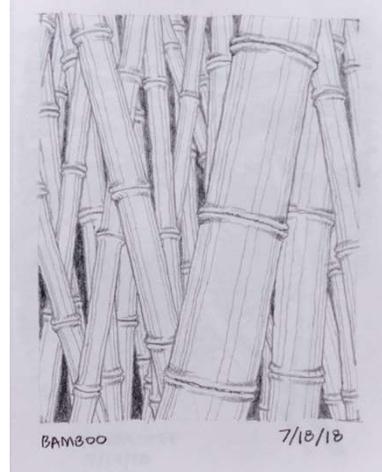
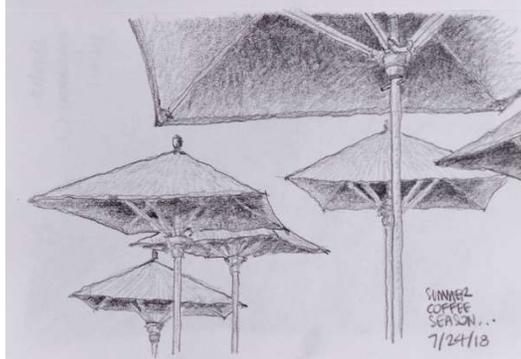
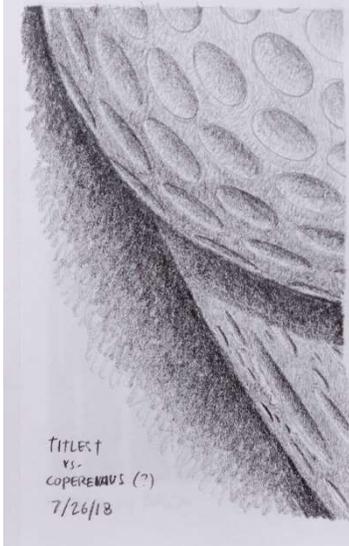
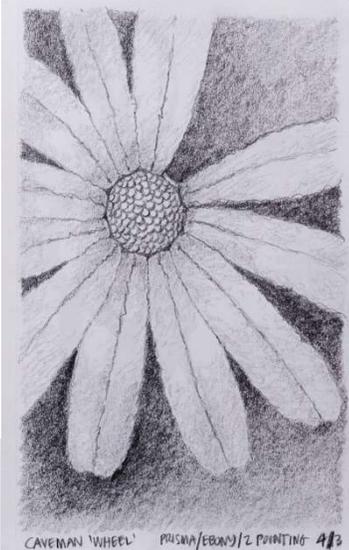


Call 2-1-1 for advice on...

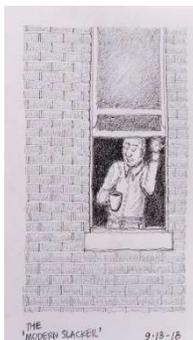
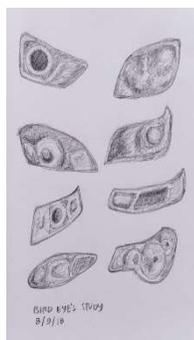
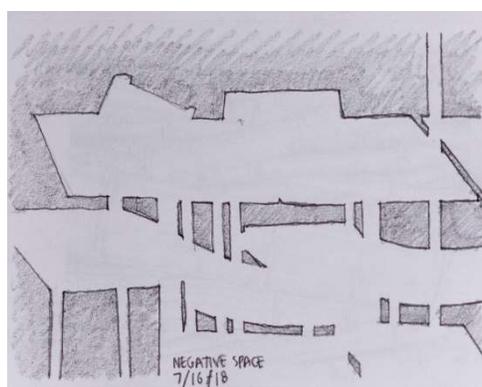
- Health and wellness
- Food assistance
- Housing
- Disaster services
- Veteran services
- Senior issues
- Financial and tax issues



PRACTICING 'MINDFULNESS' BY BRUCE HEIMBACH



I take some time, to unwind and relax, with some quiet time. Sometimes, just before meeting at the Clinic, I draw or doodle in my sketchbook. I bring a pencil (graphite) and a sketchbook (bound, white paper) 5.5" x 8.5", but NO eraser. I try to compose the drawing lightly, and then fill the details and the contrast. Something it works, or not. I just try to find the better way. Kinda like the English language – it's not perfect...!



THANKSGIVING QUIZ

1. Canada also has Thanksgiving. They have their holiday on the second Monday in October.
2. The first ever Thanksgiving was held in 1621 at Plymouth by the Pilgrims.
3. All turkeys can fly.
4. The Pilgrims only celebrated three days – the Sabbath, fast days, and days of thanksgiving.
5. All turkeys gobble.
6. The first department store to hold a Thanksgiving parade was Macy’s.
7. More than half of the people in the Plymouth colony died that winter of 1621.
8. Every year the President pardons a turkey, who spends the rest of its life on a farm.
9. Cranberries are tasted to see if they are sweet enough to harvest.
10. Turkeys can see behind themselves.



Answers are upside down below:

1. True
2. Thanksgiving feasts were popular in England before the Pilgrims ever came to the New World.
3. Wild turkeys can fly, but those domestically grown for eating cannot because they are too heavy.
4. True
5. Only male turkeys gobble. They do so to attract female turkeys.
6. It was Gimbel's.
7. True
8. True
9. Cranberries are bounced to see if they are ripe. They should bounce about 4 inches high.
10. They can see 270 degrees.

QUOTE OF THE MONTH

“I am grateful for what I am and have.
My thanksgiving is perpetual.”

Henry David Thoreau



THANKSGIVING DAY FOOTBALL SCHEDULE BY JOE MUTSCHELLER

Joe, a past football player, is still an avid football fan. One reason he is looking forward to Thanksgiving Day is due to all the football that will be on TV.

He will be rooting for the Cowboys, who face off against the Redskins at 1:30 pm on Thanksgiving. If you see Joe around make sure you tell him who you like cheering for!

Thursday, November 22

MATCHUP	TIME (PT)
 Chicago at  Detroit	9:30 AM
 Washington at  Dallas	1:30 PM
 Atlanta at  New Orleans	5:20 PM

3 IMPORTANT STUDIES ABOUT EXERCISE BY DAVE VALIULIS

Researchers have some **good**, **bad**, and **ugly** news for you...

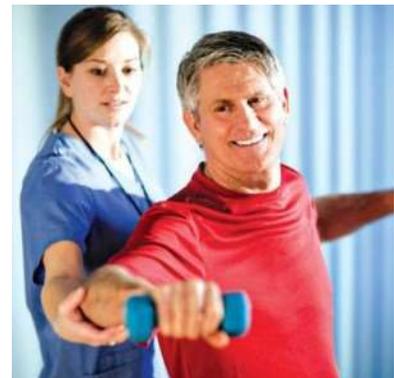
Study 1: First the **bad**: A report from the National Center for Health Statistics found only 23 percent of Americans are meeting the federal standards for time spent exercising. The percentage for stroke survivors is even lower.

Study 2: Second comes the **ugly** news: A new study from the Cleveland Clinic finds that a sedentary lifestyle is worse for your health than smoking, diabetes, and heart disease. About *three times* as bad as smoking in some cases, according to the study.

Exercising after a stroke has many known benefits, including:

- Controls cholesterol levels by increasing “good” cholesterol.
- Fights high blood pressure.
- Controls weight.
- Fights stress and depression.
- Improves mobility.

Study 3: Now the **good** news: the third study adds memory improvement to this list of benefits. This 2017 study found that working out can significantly improve cognitive abilities like your attention and memory regardless how long ago the stroke occurred. This is important because up to 85 percent of people who suffer a stroke have cognitive impairments like memory problems.



Read more at

<https://www.cnn.com/2018/10/19/health/study-not-exercising-worse-than-smoking>

<https://news.heart.org/exercise-can-significantly-improve-brain-function-after-stroke/>

An exercise program could be anything aerobics, gym-style strength training, physical therapy, or just plain walking.

WORLDWIDE MAGNETS BY CATHY HEIZER

These are magnets from some of the museums that I have visited. I collect magnets from all over the world.

I went to the Borax museum in Death Valley in May 2015.

I was visiting the Volcanoes National Park in Hilo, Hawaii in 2014.



I went to the National Radio Observatory in Truth and Consequences, New Mexico in 2000.

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>