

The Wave



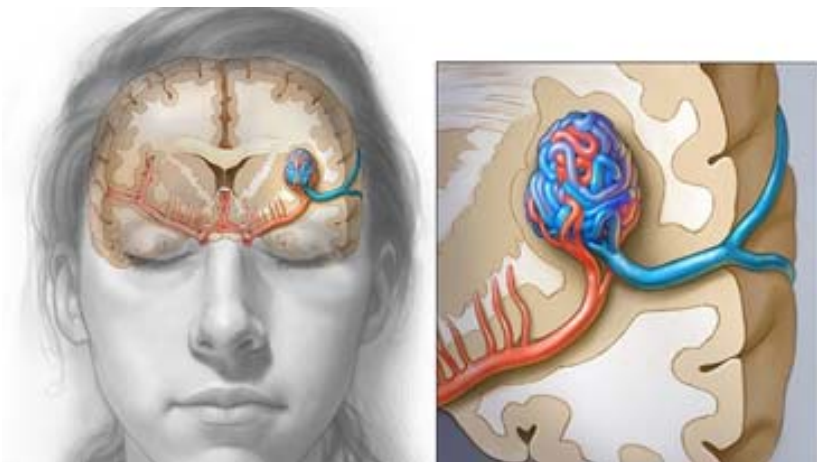
Riding the wave of more effective communication together

WHAT IS AN AVM? BY ALEX FORNEY

In January 2011, I had a sudden headache. It turned out to be a blood vessel rupture of an AVM (arteriovenous malformation). After a rush to the hospital, a cat-scan, a nine-hour neural (brain) operation, and more than two weeks in the ICU, I was able to go home.

The neurologist who was able to save me had to remove parts of my brain, which damaged my vision, language, motor control, and my speech. I have had more than 50 doctor appointments, as well as blood tests, MRIs, cat-scans, tests, speech therapists, and tutors.

I think that I am at almost 90% of my neural recovery, but it takes time with any kind of brain injury.



- An AVM is a tangle of abnormal blood vessels connecting arteries and veins in the brain.
- An AVM can develop anywhere in your body, but occurs most often in the brain or spine.
- Brain AVMs are rare and affect less than 1 percent of the population in the world.
- The cause of AVMs is not clear.
- Most people with AVMs have them from birth.
- AVMs are rarely passed down genetically.
- People with AVMs experience symptoms such as headaches or seizures.
- It can be found on a brain scan or a blood vessel rupture.
- AVMs are more common in males than in females.

A RESTAURANT REVIEW FROM SEDONA BY PAUL STEVENS

Sedona, Arizona - Secluded from the real world, 30 minutes from driving. There is no signal for it. All of a sudden it's here. The view is spectacular, red mountains, sheer cliff, you go climbing, fancy restaurants -- and famous stars come here. That's all I needed!

But wait, the food is great, especially the **Elote Café!**



First thing, I tried was Blood Orange Margarita. Tequila, ice, blood orange, margarita mix, salt, and something else? This is really good, that mix is perfect. I generally don't like margaritas, but this one is good.

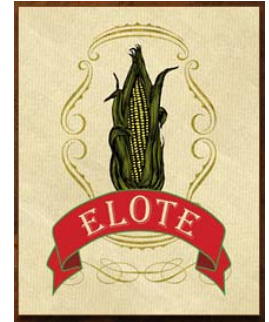
Second course: bell peppers, squash, green chili, onions, feta, rice, beans, stripped of the tortillas and spice (I don't know, it's really good). The food is excellent and presentation is nice.



but

Third course, mango ice cream. Balanced, not sweet and two scoops of small ice cream. Heaven!

Elote is corn on the cob. I didn't try that, but next time, whatever you say.



Cuisine inspired by the markets of Mexico, the Elote Café is located in spectacular Sedona, Arizona.

<http://www.elotecafe.com/>

PUMPKIN: AN ACROSTIC POEM BY JOHN CRAIG

Pumpkin pie
Use it for a horror movie
Medium sized
Pull out the seeds
Karve the pumpkin
In the shape of a circle
Not heavy



SUPPORT GROUPS IN NORTH COUNTY

Support groups provide essential long-term support to survivors, caregivers, family, friends. They provide an opportunity to learn, listen, and socialize with others with similar experiences.



and

Group	Contact info
<p>Gray Matters Brain Injury Support Group, free 3rd Thurs. of the month, 5:30pm Del Mar Library – Community Room 1309 Camino del Mar, Del Mar, CA 92014</p>	<p>760-579-3895 http://graymatters4u.com/support.html Heidi Lerner: braininjuryadvocacy@roadrunner.com</p>
<p>Kaiser Permanente Stroke Group, free 1st Wed. of the month, 10am San Marcos Medical Offices 400 Craven Road, San Marcos, CA 92078</p>	<p>Shelly Jaffe: 619-641-4456</p>
<p>Palomar Speech Communication Group, \$10 per visit Every Wednesday, 12 noon Palomar Health Rehab 120 Craven Road #109, San Marcos, CA 92078</p>	<p>760-510-7330 Jacque Larson: Jacqueline.Larson@palomarhealth.org</p>
<p>Stroke and Brain Injury Support & Education Group, free Every 2nd and 4th Tuesday, 2:30-3:45pm Scripps Memorial Hospital 354 Santa Fe Drive, Encinitas, CA 92024</p>	<p>760-633-6709 Andrea Schwarb: scharb.andrea@scrippshealth.org</p>
<p>Tri-city Medical Center Aphasia Group, free Thursday, 11am Rehab Dining Room, 4002 Vista Way, Oceanside, CA 92056</p>	<p>760-940-7272</p>
<p>San Diego Brain Injury Foundation, free 2nd Saturday of the month, 10am Conference Center at Scripps Hospital 354 Santa Fe Drive, Encinitas, CA 92024</p>	<p>619-294-6541 Susan Hansen: susan@sdbif.org</p>

QUOTE OF THE MONTH

“For many neurological patients, **music** ... can provide access, even when no medication can, to movement, to speech, to life. For them, music is not a luxury, but a necessity.”

-- Oliver Sacks



SPOT THE DIFFERENCES

Steve Rahe and his student clinician, Ashley Smith, are currently working on “spot the difference” puzzles. These puzzles are challenging and fun. Best of all, they increase your ability to identify objects within your surroundings (especially important for safety purposes).

For information on how “spot the difference” puzzles exercise the brain see <http://sharpbrains.com/blog/2008/06/11/brain-games-spot-the-difference>.

To get your brain working, try this: Can you find **three** differences between the following pictures?



Answer: *Dial on washer, laundry detergent, hanging towel*

TV SHOW REVIEW: BANACEK BY CHARLIE PEARSON

Thomas Banacek is an insurance investigator in Boston who is the best at what he does. His job is to find lost articles of wealth. Although some of the cases seem impossible, he is able to solve them. For every case he solves, Banacek receives 10% of the insured value of the item. Although he grew up wealthy, the money he makes from the cases he solves allows him to live in a large mansion with many cars, including a 1937 Buick convertible.

(Charlie enjoys the portion of the episodes in which it is revealed how the criminals stole the item. He would recommend this show to anyone who likes drama or mystery.)



Banacek can be viewed about once a month on the MeTV Network channel from 12:30 - 2 a.m.

ORANGE FLUFF BY BONNIE ROST

Easy - Cool - Refreshing

Ingredients:

- 16 oz Cottage Cheese (one pint)
- 8oz Cool Whip
- 1 small package of dry orange Jello (or any flavor)
- 1 small can of crushed pineapple, drained
- 1 small can of mandarin oranges, drained and cut up

Mix all together and refrigerate.

Preparation time: 5 minutes

ENJOY!

**AMAZING PESTO BY NOEL LAUE**

Ingredients:

- 1 whole garlic
- 1/2 cup pine nuts
- fill blender 1/2 way up with olive oil
- 10 handfuls of basil
- 1 tpb salt

Directions:

1. Mix garlic, pine nuts, olive oil and salt in the blender
2. Add basil and blend just until mixed, don't over blend!

Preparation time: 5 minutes



Enjoy cold with fresh bread or warm with your favorite pasta!

SOCIAL SUPPORT IDEAS

BINGO

- Sundays @ 1:00, Elks: (760) 433-1561, 444 Country Club, Oceanside Ca, 92054
- Fridays @ 6:30, St Patrick's Church: (760) 729-2866, 3821 Adams St., Carlsbad, Ca 92008

Bridge

- Bridge Club of North County: <http://www.bridgeclubofnorthcounty.org>
- Online Bridge: <http://www.arkadium.com/games/bridge>

Scrabble

- Words with Friends (App): <https://itunes.apple.com/us/app/words-with-friends/id804379658?mt=8>
- Online Scrabble: <http://www.memory-improvement-tips.com/scrabble-online-free.html>



Art Walks

- Friday Night Liberty: first Friday of the month, 5-8 pm, 2801 Rosecrans St., <http://www.ntclibertystation.com/what.php>
- Art in the Park: first and third Sunday of the month, 9am- 4pm, Spreckels Park in Coronado Village. <http://www.coronadoartassn.com>
- Mission Federal Art Walk in Little Italy, April 30th and May 1st 2016, <https://www.artwalksandiego.org>

Bowling

- AMF Eagle Lanes, (760) 744-7000, 945 W San Marcos Blvd., San Marcos, CA

Swimming

- Carlsbad Wellness Center: <http://www.tricitywellness.com>, Monday, Wednesday, and Friday from 1-2, \$5.00

Riding

Ride Horses at REINS, <http://www.reinsprogram.org>

Pickleball

<http://sdnorthcountypicklers.blogspot.com>

Toast Masters

<http://sandiego.toastmastersclubs.org>



More Ideas:

- Church/ Bible Study
- Stroke Support Groups
- Dinner with family
- Join a Book Club (Audio Books Count!)
- La Jolla Playhouse: <http://www.lajollaplayhouse.org>
- Aerobics classes

- Balboa Park Museums -- free every Tuesday
- Movie Nights at the Carlsbad Dove Library. And they have many more events: <http://www.carlsbadca.gov/services/depts/library/events>
- No charge for caregivers at Regal Theaters, Del Mar Fair, or Carlsbad Flower Fields
- Getting there using the Lift service: <http://www.gonctd.com/lift>

REINS THERAPEUTIC HORSEMANSHIP PROGRAM BY DOUG MILLER

REINS is a non-profit Therapeutic Riding Program located in Fallbrook. REINS provides children and adults with disabilities the opportunity to learn how to ride horses.

On Saturday, October 10th, REINS had their 19th Annual Country Hoedown where there was a horseback riding demonstration, music, silent auction, BBQ, and raffle. I performed for an audience of 200 people to show the skills I've relearned horseback riding. It was such a fun event!

<http://www.reinsprogram.org>



TIPS ON COOKING WITH EGGS BY ALICE DECKER

- When boiling eggs, add a teaspoon of vinegar to the boiling water and the eggs will be easier to peel.
- To test if an egg is fresh, place it in a large bowl of water; if the egg sinks to the bottom, it's fresh. If the egg floats, it is too old and should not be used.

EGGS, AGE OF **HOW TO TELL THE AGE OF AN EGG**

Science of the Aging Egg

Using a large bowl, fill the bowl $\frac{3}{4}$ quarters with cold water. Drop an egg in, not from too high up or it won't matter. If the egg goes to the bottom and lies on its side it's fresh. If it stays on the bottom at a 45-degree angle it is about 3-5 days old. If it stays on the bottom and stands up at a 90-degree angle (straight up) it is about 10-12 days old. If it floats to the top it is bad and should not be opened in the house. Bury it in the backyard and use it for fertilizer

and if you are very lucky, you may grow an eggplant (LOL).

When an egg ages it develops a degree of buoyancy as the yolk and the white lose moisture and the air pocket gets larger. Eggshells are porous and moisture will go through the shell.