

The Wave #35

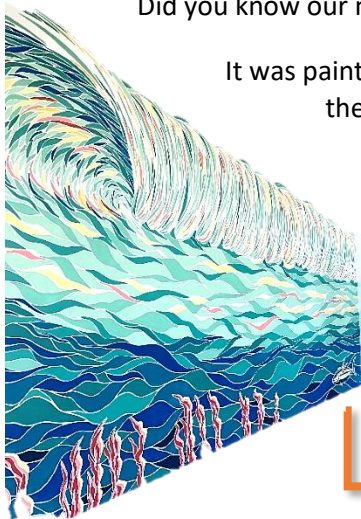


Riding the wave of more effective communication together

BRUCE THE BLUEFIN

Did you know our newsletter (*THE WAVE*) is represented in an impressive mural in clinic's main hallway?

It was painted by our friend and artist Bruce Heimbach in 15 days in the summer of 2021 during the height of the pandemic while the clinic was empty.



Bruce is here pointing at his signature in the corner, "Bruce the bluefin."



TOP 5 WINTER AND HOLIDAY MOVIES BY LAMONT WILLIAMS

1. *Home Alone 2: Lost in New York*
2. *Bad Boys 3*
3. *Coming to America* - Part 1 and Part 2
4. *Rush Hour*
5. All the movies in the Friday series: *Friday* / *Next Friday* / *Friday After Next*



KUMLA: PEASANT FOOD BY RANDY NYGAARD

Potato dumplings cooked in pork broth are common in northern countries throughout the world.

Instructions

1. Bring to boil a large pot of water enough to cover the roast.
2. Add all seasonings to the water.
3. Wrap roast in foil to place in the oven to rest.
4. Wash and peel potatoes. Cut potatoes into smaller chunks and put into blender. Add water as needed to work the blender and pureed potatoes.
5. Remove roast once it is fork tender and keep in oven to stay warm (at least 1 hour or more).
6. Put the blended potatoes into a mixing bowl. Gradually add 1 cup of flour until the mixing spoon stands on its own. Add salt and pepper to taste.
7. Add a quarter cup of potato mixture into boiling water that was from the pork roast.
8. Stir dumpling around so they don't stick to the bottom. Cook for roughly an hour
9. Remove one dumpling and cut it to see the texture; needs to cut firmly and look like bread dough
10. If dumpling is firm and is easily cut with knife, it is done; if too soft, cook longer
11. Put dumplings in a dish to cool before serving with the pork roast as a side.

Ingredients

- 16-20 russet potatoes
- 5 lb. pork roast
- 5 lb. flour (white or wheat baking flour)
- 1 tsp. of salt to taste
- ¼ tsp. of pepper to taste
- ¼ tsp. of garlic salt
- ¼ tsp. of onion powder

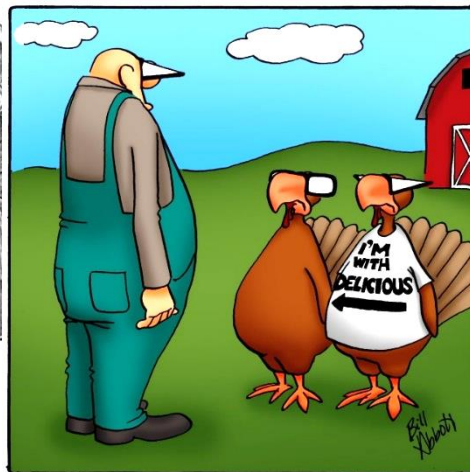


I eat bite-sized dumpling pieces with salt and pepper. I dip the dumpling and pork roast into the leftover pork broth.

A TURKEY'S VIEW OF THANKSGIVING



"Ha, ha. This is all just, ha, ha, a big misunderstanding ..."



FATHER AND SON TENNIS TOURNAMENT BY OPPY

In 1984, I played in the father & son tennis tournament in the San Bernardino US Open. I was 36 and my father was 73 years old. My father, Jake, was blind from one eye from being hit by a tennis ball. I remember playing him when I was fresh out of college. The finals got delayed because of the rain.

I played against a man about my age and his son had won a previous singles tournament. We played against my friend and his son and won 2 rounds.

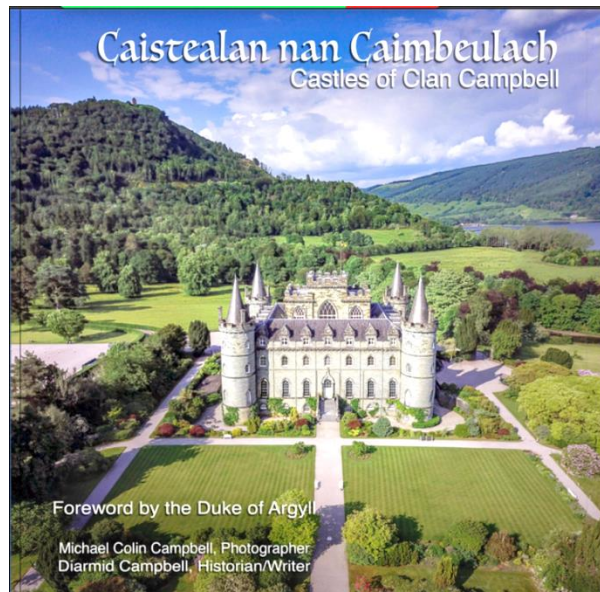
We got a trophy as runner-ups. It is my favorite trophy. I had split the radial artery and radial nerve a few years earlier so my dad was happy that I was there hitting the ball.



CLAN CAMPBELL CASTLE HISTORY BY MICHAEL CAMPBELL

In 1987 I took a trip to Scotland where I photographed castles. I was the first person to use a drone to take pictures of the castles. I planned on doing this for many years. I wrote my master's degree about the Isle of Iona in 1987. I photographed the Clan Campbell castles and met with the Duke of Clan Campbell.

The origins of Clan Campbell are uncertain, but it is thought they were originally Britons from Strathclyde. The earliest Campbell attested is Gilleasbaig of Menstrie, the father of Callean Mór, from whom the chiefs of the clan are thought to have taken their style Mac Callein Mór.



*The Duke of Argyll
Torquhil Ian Campbell*

*Chief of Clan Campbell,
Inveraray Castle*

For more information visit my website at: <https://www.michaelcampbell.com/>

WORD SEARCHES BY STEVE, ALYSE, AND KT (A.K.A. COGNITIVE CLUB)

Cars

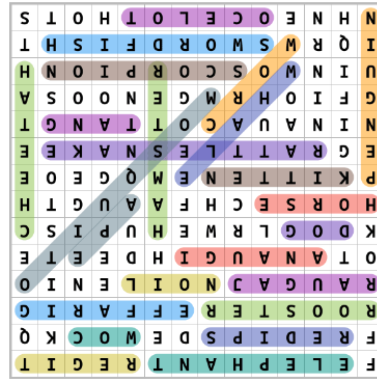
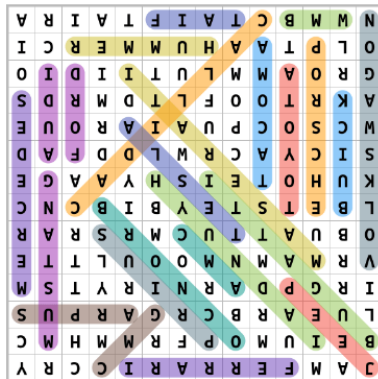
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B	E	I	U	M	O	P	F	R	M	M	H	M	C
L	U	E	A	R	B	C	R	G	A	R	P	U	S
I	R	G	P	D	A	R	N	I	R	Y	T	S	M
V	R	M	A	M	N	M	O	O	U	L	T	T	E
O	B	U	A	T	T	U	C	M	R	S	R	A	R
L	B	E	T	S	T	E	Y	B	I	B	C	N	C
K	U	H	O	T	E	I	S	H	Y	A	A	G	E
S	I	C	Y	A	C	R	W	L	D	D	F	A	D
W	C	S	O	C	P	U	A	I	A	R	O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

- HYUNDAI
- FORD
- JEEP
- MERCEDES
- BUICK
- FIAT
- BRONCO
- MASERATI
- CADILLAC
- GMC
- VOLKSWAGON
- BUGATTI
- AUDI
- TOYOTA
- FERRARI
- TACOMA
- TESLA
- AMC
- HUMMER
- PORSCHE
- SUPRA
- PRIUS
- BMW
- MUSTANG

Animals

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

- HAMSTER
- OCLOT
- HORSE
- DOG
- GIRAFFE
- SPIDER
- ELEPHANT
- LION
- CROW
- KITTEN
- APE
- CHEETAH
- JAGUAR
- IGUANA
- RATTLESNAKE
- SMORFISH
- WHALE
- COW
- TIGER
- PENGUIN
- SCORPION
- MOSQUITO
- ROOSTER
- GNAT



FRUITS YOU CAN FIND IN PALESTINE BY RAJA GHUSSEIN



Sycamore Fig: Jumaze (aka the Sycamore Fig) have no seeds. It tastes like a fig. We eat it 7 times a year and enjoy it in the morning.



Loquats: Loquats have 1-2 seeds inside. It also tastes like figs. We eat it for a snack.



Cherimoyas: Sugar apples and cherimoyas taste very sweet. There are many seeds, but you don't eat them. You can eat it anytime! They are approximately \$5 per lb. It takes about 8 years to produce fruit.

THANKSGIVING DESSERTS BY JANE

Pumpkin Roll

- ¾ cup flour
- 3 eggs
- 1 cup sugar
- 1 tsp baking soda
- 1 ¾ pumpkin pie mixture
- ½ tsp cinnamon
- 1 cup walnuts

Filling

- 8 oz cream cheese
- 1 cup powdered sugar
- 2 tsp salted butter
- 1 tsp vanilla extract



Preheat the oven to 350 degrees. Grease a 11 X 14 cookie sheet. Put wax paper on the bottom and grease it again. Best to use pam.

In a large bowl, mix the ingredients except for walnuts. Pour mixture on wax paper and make it smooth. Top with 1 cup of walnuts and bake for 15 minutes.

Let it cool for 20 minutes.

Roll into a jelly roll with a clean white dish towel that has been covered with powdered sugar. Set aside for another 20 minutes.

While you wait, put the filling together. Mix all the ingredients together.

When the cake cools, unroll and spread with filling leaving ½ an inch on each side. Then, roll it up. After you roll it up, put powdered sugar on it.

Then, wrap it up in aluminum foil and refrigerate it for 2 hours. Then, cut it up into 1-inch rolls.

Caramel Pecan Pie

- 36 unwrapped caramels
- 9-inch pie crust
- ¼ cup butter
- ¼ cup milk
- 1 cup pecans
- ¾ cup sugar
- 3 eggs
- ½ tsp vanilla extract
- ¼ tsp salt

Preheat the oven to 350 degrees. Take a small saucepan and melt the butter, milk, and caramels. Cook until soft and set aside.

In a large bowl, put sugar, eggs, vanilla and salt. Gradually add melted caramels to the mixture. Pour mixture in a 9-inch pan. Stir in pecans. Bake it for 45 minutes.

When it comes out, let it cool. Serve with vanilla ice cream on it.



GETTING BACK TO JAPAN BY CHRISTINA NGUYEN AND KEVIN LU

Japan is opening up as of Tuesday, October 11, 2022!

To go there, you must have a certificate issued by a government or public institution. Also, it must show you've received 3 vaccine doses.

When to go

Winter: fewer tourists and greatest chance to see Mt. Fuji.



Travel tips

- No tipping or counting change.
- No eating while walking.
- Don't misuse your chopsticks.
- Don't blow your nose loudly in public.
- Don't jaywalk.
- Do slurp your noodles.
- Do bow appropriately.
- Be quiet on the bullet and metro trains.
- Be mindful of phone usage in temples and shrines.
- Use two hands to accept business cards.

Where to go

Kyoto: Ryokan "Japanese Inn" guests can experience the traditional Japanese way of life. You have to try the Onsens "hot spring baths", they are relaxing. Kinkaku-ji, the Zen temple, has two floors that are completely covered in gold leaf.

Nara: Nara Park was established in 1880 and is one of the oldest parks in Japan. The wild deer roam around the streets.

Osaka: Osaka, "Japan's street food capital", is best known for its amazing casual food and outgoing locals. While you're here, you can visit Universal Studios, Osaka Castle (Osakajo), CupNoodles Museum, and so many more places.

Tokyo: Tokyo Tower was built in 1958. It is the second tallest structure in Japan. Akihabara, nicknamed the Electric Town of Tokyo, is the undisputed center of anime culture.

JONI MITCHELL TALKS ABOUT HER STROKE

Joni Mitchell, the revered singer-songwriter and one of the defining musicians of the 1960s and '70s, appeared at the Newport Folk Festival last summer to perform her first full set in about two decades.

Joni Mitchell had an aneurysm in 2015 that left her temporarily unable to walk or talk. "I always think that polio was a rehearsal for the rest of my life," she said, referring to the disease she suffered aged nine.

Mitchell says she was "just inching my way along. I'm showing slow improvement but moving forward ... the aneurysm took away a lot more [than polio], really. Took away my speech and my ability to walk. And, you know, I got my speech back quickly, but the walking I'm still struggling with. But I mean, I'm a fighter. I've got Irish blood!"



WHAT YOU SHOULD KNOW ABOUT APHASIA BY THE MORNING AND AFTERNOON ONLINE GROUPS

Reflections

- It's hard.
- My mouth is not representing my mind.
- I have aphasia and it can be difficult to put thoughts into words and is stressful and tiring.
- It's not who we are.
- You don't know what you're missing until it's gone.
- I know what I want to say but I can't get it out.

Tips for communicating with people with aphasia

- Slow down.
- When you are saying something, think about how you are saying it.
- Ask questions with yes/no answers.
- Give me time to respond.
- When I ask you to move on because I can't communicate what I want, please do move on.
- I might use other ways of communicating (e.g., an app, drawing, writing, etc.), so please hold on.
- Please repeat back what you heard me say to make sure we are on the same page.



What NOT to do when talking with people with aphasia

- When I say half of my sentence and they finish it for me.
- I don't like it when people assume I'm not intelligent.
- Don't assume that I am finished talking.

LO QUE DEBE SABER SOBRE LA AFASIA POR LOS GRUPOS EN LÍNEA DE LA MAÑANA Y DE LA TARDE

Reflexiones

- Es difícil.
- Mi boca no representa mi mente.
- Tengo afasia y puede ser difícil poner pensamientos en palabras y es estresante y agotador.
- No es lo que somos.
- No sabes lo que te estás perdiendo hasta que se ha ido.
- Sé lo que quiero decir, pero no puedo sacarlo.

Consejos para comunicarse con personas que tienen afasia

- Tómalo con calma.
- Cuando estés diciendo algo, piensa en cómo lo estás diciendo.
- Hazme preguntas con respuestas que tengan un sí y un no.
- Dame tiempo para responder.
- Cuando te pido que sigas adelante (o cambies de tema) porque no puedo comunicar lo que quiero, por favor sigue adelante.
- Podría usar otras formas de comunicación (ej. Una aplicación, dibujo, escritura, etc.) así que por favor espera.
- Por favor, repita lo que me escuchó decir para asegurarse de que estamos en la misma página/tema.

Lo que NO debes de hacer al hablar con personas que tienen afasia

- No termines la frase que quiero decir de mi parte.
- No me gusta cuando la gente piensa que no soy inteligente.
- No asumas que he terminado de hablar.

MUSHROOM FRIED RICE BY KEITH ROBERSON

Prep time: 15 minutes

Cook time: 15 minutes

Instructions:

1. Put olive oil in pan to cover bottom of the pan. Put heat on medium heat.
2. Add your bacon once the pan is warm. Fry bacon until crispy.
1. Once bacon is crispy, add mushrooms to the pan.
2. Sautee until the mushrooms are reduced.
3. In the same pan, move bacon and mushrooms to one side and put diced onions in the pan. Sautee until onions are translucent.
4. Put eggs with the onion in the pan and oil. Then scramble eggs.
5. While oil is still hot, put in rice. Fry rice. Mix all ingredients together.
6. Add soy sauce and oyster sauce and continue to fry rice.
7. Sprinkle green onions over ingredients in the pan.
8. Turn fire off. Cover with lid and chill for 5-10 minutes. Ready to go!



Ingredients

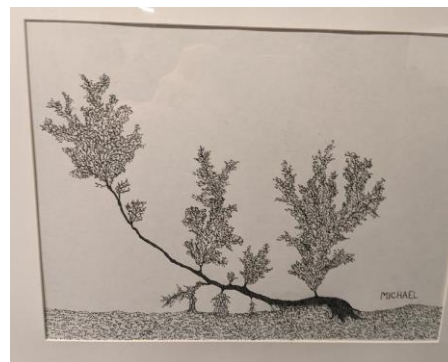
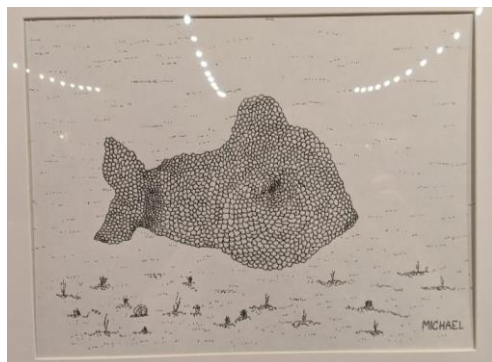
- 2 strips of bacon or turkey bacon (optional)
- Olive oil
- ¼ yellow onion diced
- 3 stocks of green onions chopped
- Soy sauce (1 Tsp)
- Oyster sauce (1 Tsp)
- 2 cups of cooked rice
- 2 eggs scrambled
- 1 small tray of sliced mushrooms

NOVEMBER ART SHOW BY MICHAEL MORALES



Michael Morales suffered a stroke in 2014 leaving him aphasic and without the use of his right arm. He discovered his artistic talent when attending art classes at Rancho Los Amigos Rehabilitation Center. He learned to use his non-dominant hand utilizing a wide variety of media, but his passion became using a felt-tip pen to make thousands of tiny dots.

Inspired by living in the mountains, Michael frequently focuses on drawing highly detailed trees, often adding a whimsical figure of some kind just for fun. He is showing and selling his work every first Friday of the month in Long Beach. Instagram account: @MichaelJMoraes26



FRANK'S FILM REVIEW: A TRIBUTE TO VETERANS BY FRANK LUSSIER

November has two important dates for vets like Frank:

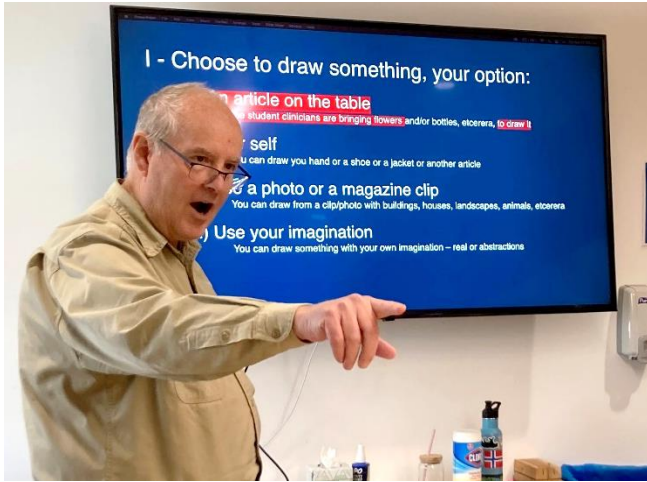
- **November 10:** The US Marine Corps Birthday commemorates the establishment of the Continental Marines.
- **November 11:** Veterans Day is a federal holiday for honoring military veterans of the United States Armed Forces. It originally marked the anniversary of the end of World War I.

To celebrate both dates, here are some of Frank's favorite war movies:

1. **Heartbreak Ridge** (1986) — A hard knock and hard living gunnery sergeant, Highway clashed with superiors and his ex-wife. Highway and his ex-wife relationship lead to a destructive life. Now the fun begins!
2. **Glory** (1989) — Based on a true story, a saga about the first black regiment. It's a complicated life for the black men because of the war. But there's hope in the human spirit. It's a story about the spirit of hope.
3. **The Great Escape** (1963) — A bunch of people want to escape the Nazi prison camp and plan to get away. It's a World War II movie that everybody wants to go and see!
4. **The Lone Survivor** (2013) — Marcus Luttrell and his team go on a mission to survey a site to kill the leader of the Taliban. The team was surveying it when the Taliban attacked our men, and the action ensues! This movie was based on a true story.
5. **Good Morning Vietnam** (1987) — This movie is based on a true story! Adrian Cronaver had a rocky start from the beginning, but he's funny and hilarious. Robin Williams (Cronaver) is funny and hilarious through it all.
6. **Saving Private Ryan** (1998) — 8 people in the army have a mission to save Private Ryan in Normandy. It's a good film because Captain Miller (Tom Hanks) is flawed but is good for his team's morale. Tom Hanks is a good actor, and his portrayal of Miller is great.
7. **Full Metal Jacket** (1987) — A group of Marine recruits have war time scenarios. Joker was a war reporter, and he was a marine with an attitude. Gomer Pyle is a recruit that is bad, mean, and stupid. This movie is a reminder of wartime with Vietnam and that's why you should go see it for yourself!
8. **Windtalkers** (2002) — This movie is a true story about the Navajo Native Americans. Two marines fight in World War II and protect the Navajo. The marines have a mission of protecting the Navajo but also have to protect themselves.
9. **The Patriot** (2000) — Benjamin Martin was a farmer but is now with the Army. He and Col. William Tavington fight for their respective countries. Ben has 7 children and Ben's family is a highlight of this movie.
10. **Unbroken** (2014) — This movie was based on a story. It's a good film about conquering bullies, Japanese soldiers, and yourself. You should watch it because it's a reminder that you can conquer yourself!



BRUCE TEACHES ART



Bruce Heimbach, a client at CSUSM Speech Clinic, led a group of clinicians and clients through a pastel art lesson.

He provided the group with step-by-step instructions of how to draw a flower and gave us “creative license” to add unique details to our pictures.

Thank you, Bruce, for this wonderful art lesson!



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>