

The Wave

Riding the wave of more effective communication together



MINERAL SPRINGS BY MEGAN SLIPPER



The pain in my back, “Spondylolisthesis”, was so severe that standing up was challenging. I therefore, went to the Desert Hot Springs Spa Hotel in Desert Hot Springs, CA on President’s Day weekend. The food there was

outstanding, critical since the hotel was so far away from anything! The hotel/spa was great since it was only around 2 hours away from Oceanside. It was a spa hotel of 50 rooms (some of them were even dog friendly - a feature I loved!) enclosed with 8 pools.

The pools were therapeutic, preferably if you start in the coolest pool and work your way up to the hottest one. The 8 pools are between 85 and 104 degrees. These “mineral” pools contain salts, sulfur compounds and gases including everything from Calcium to Lithium, and even Radium (a healthy alkaline earth metal). All these therapeutic elements flow from deep within hot spring chambers below the city of Desert Hot Springs. These pools even feel better than a hot tub, in my opinion.

These pools are known to reduce stress, boost blood circulation, relieve pain, and solve skin problems. The public can use these pools for \$8 a day, 7-11pm. Hotel customers have 24-hour access. Isn’t that better than paying for a doctor visit? The only downfall is that it can produce dry eyes and prolonged relaxation.



The Desert Hot Springs Spa Hotel (www.dhsspa.com) is a great place to relax and unwind at a reasonable price.

There are more than 12 resorts/spas in Desert Hot Springs that we may investigate in the future, and suggest you do as well. My husband and I have happily and will continue to repeat this vacation, with dog included!

If one would like to see sights there are opportunities, but car is required. Nearby sights are the city of Palm Springs, Joshua Tree, Big Morongo Canyon Preserve, and Palm Springs Aerial Tramway. This tramway leads to the San Jacinto State Park wilderness.

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>

EPIPHYLLUMS BY PAUL VANDER PLOEG

In my spare time, I grow epiphyllums (also known as just *epis*) and I am part of the San Diego Epiphyllum Society.



On the second Wednesday of each month, I go to Balboa Park for Society workshops. I learn about different types of flowers and how to take care of them. Also, twice a month on Saturdays, I volunteer at the San Diego Zoo Safari Park and fertilize the flowers for up to 6 hours a day!

We start fertilizing in January and the flowers begin to bloom from March through May. Some of the flowers can grow to over 8 inches in diameter!

For more information on epiphyllums or the Society, visit their website at <http://sandiegoepi.com/>.

If you're interested in joining the society or you'd like to purchase flowers, here are some upcoming events:

- **Epiphyllum Society meetings**, March 9, April 13, May 11 at 7:30pm at Balboa Park (Casa Del Prado, Room 101)
- **Safari Park Epi Sale**, April 30 and May 1, 9:00-5:00 at the San Diego Zoo Safari Park
- **May Epi Sale**, May 7 and May 8, 9:00-4:00, at Casa Del Prado in Balboa Park
- **Mother's Day Show**, May 8, 11:00-4:00 at Casa Del Prado in Balboa Park

This is one of my favorite epiphyllums. I love the colors!



HOW TO PLAY SUDOKU BY BONNIE BESTEAD

I am going to tell you about playing Sudoku.

- Each box is filled from 1-9, without repeating any numbers within the square.
- Each row is filled from 1-9, without repeating any numbers within the row.
- Each column is filled from 1-9, without repeating any numbers within the column.

	1					5	
9			6	4	1		8
3							6
	6		4	5			9
	7						3
8			1	3			4
			8				
2	5						8 7

You can find Sudoku online (like www.websudoku.com), or in the newspaper.



In my Sudoku book, level 1 is the easiest and level 5 is the hardest.

A GREAT MEXICAN RESTAURANT BY TONY MUNOZ



The name of the restaurant is Los Panchos Mexican Grill & Seafood. It is located on Escondido Blvd. in Escondido. My wife and I had a really good time and we both enjoyed our food. We tasted a few delicious dishes.

- My wife ordered tacos called Tacos De Camaron. They were beer-battered shrimp tacos with cabbage, salsa fresca, and tartar sauce.
- I tried the Menudo soup, which is a beef broth soup with corn hominy.
- We did not taste everything but other interesting menu dishes were ceviche – a lemony fish served on a tostada, and steak fajitas.

We both thought that the food was authentic and freshly made. The service was nice and fast. The food prices were very reasonable. We also looked the restaurant up on Yelp and found that it had 107 reviews and received an average rating of 4 stars.

We will definitely be going back and we recommend all of you to try it out as well. Here is a link if you are interested in checking it out for yourself

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



Provecho! – Enjoy!

LAUGHTER BY ALEX FORNEY

Laughter can be more powerful than medicine. Some of the reasons to laugh can be to bring people together, release tension, and surprisingly, a work out.

Laughing for one minute is equal to 10 minutes of exercise, which means that your abdomen and face will get its own workout. You can always laugh in social gatherings, however, be careful not to laugh in serious situations. If someone is giving a presentation or having a serious conversation, try not to laugh at them. Laughter should never be used to criticize someone else.

There are many benefits of laughter. After a simple laugh, your whole body can feel relaxed for up to 40 minutes! Laughter can also protect your heart. Laughing everyday can improve the function of blood vessels and the flow of blood in your system. Laughter can even protect your heart from a heart attack! Another benefit of laughter is the release of endorphins, which can reduce pain.

In conclusion, laughing only brings positive results, as long as you laugh in the right environment.



A joke

Q: What do you call an elderly snowman?

A: A puddle!!

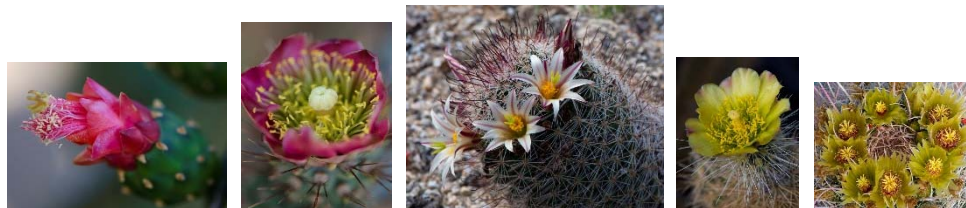
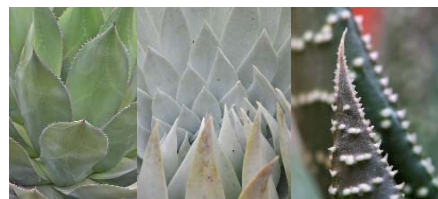
BRUCE HEIMBACH'S PHOTOGRAPHY



Bruce is a new client at the clinic. One of his hobbies is taking photographs, and he is already popular here for his vibrant, eye-catching pictures.

Here are some close-up photographs from his collection of succulents leaves and cactus flowers.

Look forward to more of Bruce's photography in future newsletters!



MARCH IS BRAIN INJURY AWARENESS MONTH

March is brain injury awareness month. *Brain injury* refers to the occurrence of an insult to the brain, causing temporary or permanent damage. It is often described as either traumatic or acquired.

Do you the difference between an ABI and a TBI?

Acquired brain injury (ABI)

ABI is the umbrella term that includes the more well-known term TBI. More than 3.5 million people sustain an acquired brain injury (ABI) each year. More than 12 million Americans live with the impact of ABI.

Typical causes of ABI include:

- Strokes
- Tumors
- Seizures
- Electric Shock
- Infections
- Substance Abuse
- Near Drowning, Oxygen Deprivation
- Trauma (TBI, see right)



Traumatic brain injury (TBI)

TBI is a subset of ABI and is caused by a trauma to the brain from an external force.

Every 13 seconds, someone in the U.S. sustains a TBI. Every day, 137 people in the U.S. die because of a TBI-related injury. One of every 60 people in the U.S. lives with a TBI-related disability. At least 2.5 million people sustain TBIs in the U.S. each year.

Causes of TBI fall into these:

- Falls – 40.5%
- Struck by/against – 15.5%
- Motor vehicle – 14.3%
- Assaults – 10.7%
- Unknown – 19%

(BIG GAME) CHICKEN DIP BY MARY DOLNIK

This is my recipe that I made for Super Bowl. It's easy to make. You can eat it with chips or vegetables. If you double the recipe it can serve a big group! You need:

- 4 oz. cream cheese
- ¼ cup ranch dressing
- ¼ cup hot wing sauce
- ½ cup shredded cheddar-jack cheese
- 1 cup cooked, shredded chicken breast

Instructions:

1. Preheat oven to 350°.
2. In medium bowl, combine the cream cheese, ranch dressing, wing sauce, ¼ cup of cheddar-jack cheese, and shredded chicken breast.
3. Spoon into a small baking dish, top with remaining ¼ cup cheddar-jack cheese.
4. Bake for 20 minutes or until cheese is bubbly.
5. Top with parsley and serve with tortilla chips, pita chips, or raw veggies.

