

NSSLHA NEWSLETTER

CALIFORNIA STATE UNIVERSITY, LOS ANGELES

ALZHEIMER'S AWARENESS MONTH

- The Alzheimer's Association mission is to accelerate the global effort to eliminate Alzheimer's. Donations are directed in several areas of investigations across the spectrum of dementia science, including projects that advance our understanding of Alzheimer's disease, identify new treatment strategies, improve care and support for people with dementia and their families, and further the knowledge of brain health and disease prevention.
- In the U.S., Alzheimer's is becoming a common death cause and is mainly in women too.
- The total lifetime cost of care for someone with dementia was estimated at \$357,297 (in 2019 dollars).
- A new survey of primary care physicians appearing in the Alzheimer's Association 2020 Alzheimer's Disease Facts and Figures report finds nearly 9 in 10 primary care physicians (87%) expect to see an increase in people living with dementia during the next five years, but half (50%) say the medical profession is not prepared to meet this demand. The new report estimates there are currently more than 5 million Americans 65+ living with Alzheimer's — a number expected to nearly triple by 2050.

Want to know the difference
between Dementia and Alzheimer's?
Take a free e-learning course.



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CSULA_NSSLHA



NSSLHA AT CSULA



NSSLHA PROFESSOR SPOTLIGHT:

JULIA NICHOLLS



CAN YOU TELL US A LITTLE ABOUT YOURSELF?

I graduated with a BA in French and European Studies from the University of Sussex in the UK. I graduated with my MA in Communication Disorders from CSULA. (Woo-hoo!) I have worked in Outpatient Neurological Rehabilitation at Cedars Sinai since 2005. I work with all populations with speech, language, cognitive and swallowing disorders in individual therapy, and I run a group for people with brain injuries and I am part of a multi-disciplinary team for people with Parkinson's. I started a new job at California Rehabilitation Institute in August 2020. It is an inpatient rehabilitation hospital where I am learning a lot. I have been teaching and supervising at CSULA since 2015. I also coordinate medical placements for graduate students. I also teach at Santa Monica College - a community class for people post stroke/brain injury and have worked a little in private practice.

NSSLHA PROFESSOR SPOTLIGHT:**JULIA NICHOLLS****WHAT IS THE MOST CHALLENGING THING ABOUT BEING A MEDICAL SLP, AND WHAT IS THE MOST REWARDING?**

There are a few...

- Feeling like you never know enough
- Working with people after terrible accidents, strokes, brain tumors...and dealing with the emotional component
- it's hard to switch off sometimes when you get home
- Sometimes having a lot to do in a short amount of time (Yesterday I had 4 evaluations and 2 treatment sessions in a day - that's a lot of documentation!)

Rewarding things:

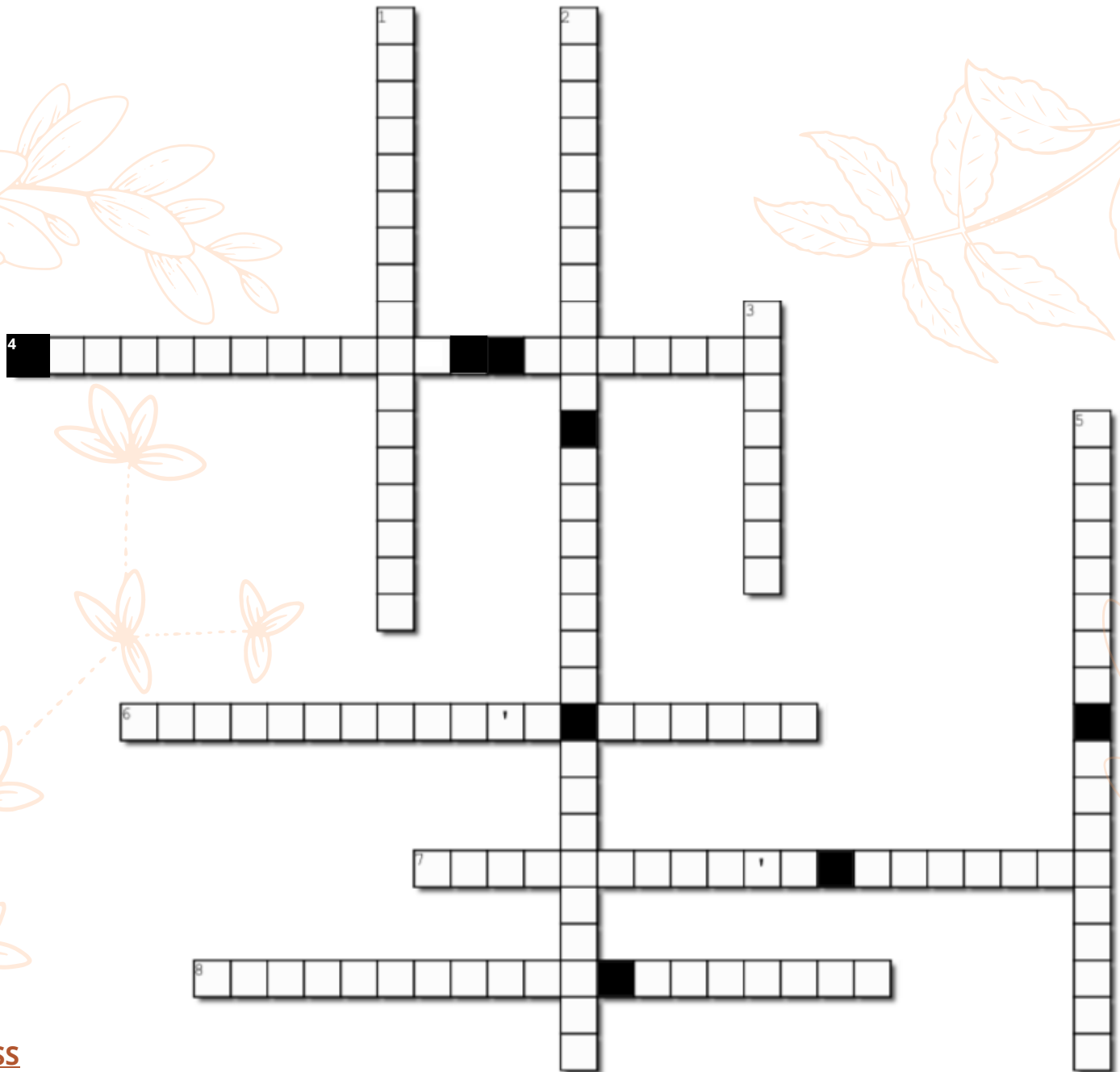
The same as above (except the documentation)!

- Always learning
- Making a difference to a patient when you take the time to get to know them for however long or short of a time you spend with them
- Feeling like you are doing something good in your community in the midst of some terrible times and uncertainty

WHAT ADVICE DO YOU HAVE FOR STUDENTS INTERESTED IN PURSUING SPEECH-LANGUAGE PATHOLOGY IN A MEDICAL SETTING?

Don't be scared, be prepared to work hard, and take every opportunity to learn from other professionals

NEUROLOGICAL DEGENERATIVE DISORDERS CROSSWORD



ACROSS

- 4.** An inherited disease that causes certain nerve cells to waste away. Early symptoms include uncontrolled movements, clumsiness, and balance problems.
- 6.** An inherited disease that damages your spinal cord and the nerves that control muscle movement in the arms and legs. Main symptom makes it hard to coordinate movements.
- 7.** The most common form of dementia among older people. Initially, it affects the parts of the brain that controls thought, memory and language.
- 8.** A type of movement disorder that occurs when nerve cells in the brain don't produce enough dopamine. Symptoms include trembling, stiffness, slowness of movement, and poor balance and coordination.

DOWN

- 1.** The progressive atrophy and loss of function of neurons.
- 2.** A nervous system disease that attacks neurons in the brain and spinal cord, causing one to lose strength and control of movement.
- 3.** A brain disorder that seriously affects a person's ability to carry out daily activities.
- 5.** A nervous system disease that damages the myelin sheath on the nerve cells in the brain and spinal cord. Symptoms include visual disturbances, muscle weakness, and memory problems.



MEET YOUR NEW NSSLHA BOARD!



Hi everyone 😊! I'm Cristia Perez, a first-year graduate student, and I'm excited to be serving as the NSSLHA President. When I was a postbacc student at CalStateLA, I served as one of the NSSLHA representatives, and so it was no question that I wanted to be a part of the NSSLHA board. I love being a resource for others, so don't be afraid to reach out to me! When I'm not stu-DYING from school, I'm hanging out with my dog and sister.

Hi, I'm Stella! I am joining the NSSLHA board as Vice President. I was involved in NSSLHA during my post-bacc and am excited to continue this year! My favorite aspect of this field is connecting with people, so I always encourage people to reach out to me about anything at all! I am still finding my place in terms of my future in this career, but my main goal is to always make therapy fun. I am an animal lover to the fullest extent: cats, dogs, pigeons, squirrels, possums, spiders—they are all my best friends.



Hi everyone! My name is Rachael Kam and I'm excited to serve on the NSSLHA Board as secretary. Although I did not attend CSULA for my undergrad (I attended Biola University!), one of my biggest passions is equipping others with whatever they need to thrive. I am a life-long learner and look forward to empowering you by sharing any resources and knowledge I have! I have yet to decide which population I want to work with in the future, so I am keeping an open mind. Some of my hobbies include running, cycling, reading, listening to podcasts, being a plant mom, and spending time outdoors.

Hi, I'm Eileen and I am excited to be NSSLHA's co-treasurer! I am interesting in working in an outpatient children hospital setting with early intervention and Spanish-English speaking children, but I am keeping my options open as I continue to learn more the field. Outside of school, I enjoy playing board games, binge watching Netflix series, and spending time with family and friends. I look forward to working with our amazing NSSLHA board!



Hi! I'm Thea, I'll be a co-treasurer on the board. My interests are in neurogenic disorders, dysphagia, and gerontology. Outside of school, I love going to Dodgers games, playing board games, and hanging with my dachshund, Woody. I'm excited to support our community through my involvement with NSSLHA.



Hey everyone! I'm Carmen and I am quite thrilled to be on the NSSLHA board as co-diversity, equity, and inclusion liaison. I look forward to supporting, encouraging, and empowering students of color in the COMD department and the field. My interests include English dialectal differences and neurogenic disorders. My fun fact: I would not call myself a dedicated Disney fan, but I have traveled to every Disney park around the world.



Hello, I'm Jimmy, I will be the co-diversity, equity, and inclusion liaison. As a SLPA, I had the opportunity to work in Down Town Los Angeles and serve a diverse community. I enjoy learning about a child's development and how to successfully implement strategies to help children succeed while empowering families with education. Fun fact about me is that I love boxing and being active.



Hi, I'm Amy and I am excited to be joining the NSSLHA board as editor! I am a first-year grad student and joined the NSSLHA board as a way to help other students move forward in their journeys to become SLPs. Since I love working with children I imagine myself situated in the schools; however, I have also found some of our adult case simulations to be pretty fascinating and am keeping an open mind! In my free time, I enjoy being outdoors, exploring new places, cooking, and playing badminton.



ANNOUNCEMENTS

Peer mentoring: Mon-Thurs 3p-5p

Spanish SLP: Mondays 4-5p

[https://zoom.us/j/92914380702?](https://zoom.us/j/92914380702?pwd=aU5PWHAyV0k5SkJOc3RBR3BvTlJDDz09)
[pwd=aU5PWHAyV0k5SkJOc3RBR3BvTlJDDz09](https://zoom.us/j/92914380702?pwd=aU5PWHAyV0k5SkJOc3RBR3BvTlJDDz09)

COMD Book Club

Hosted by Alena Kats and Michelle Rozo

For more information or to join, email:
comdbookclub@gmail.com

Past books include:

Over my Head by Claudia L. Osborn
The Man Who Mistook His Wife for a Hat
and other Clinical Tales by Oliver Sacks

COMD Supplemental Graduate School Application Deadline:

January 15, 2021

December Observations

Be on the lookout for the December sign-up sheet
coming soon, via NSSLHA Canvas.

FAREWELL

2020 NSSLHA Board



THE INCOMING 2021 NSSLHA BOARD WOULD LIKE TO GIVE A SPECIAL THANKS TO THE 2020 NSSLHA BOARD FOR ALL THE AMAZING WORK THEY HAVE DONE THIS YEAR AND FOR KEEPING NSSLHA GOING DURING THIS CHALLENGING TIME! WE REALLY APPRECIATE ALL THE EXTRA HOURS THEY HAVE PUT INTO MAKING THE TRANSITION FROM FACE-TO-FACE TO SOCIALLY DISTANCED LEARNING, SERVING, AND NETWORKING. BEST OF LUCK WITH THE REST OF YOUR COURSEWORK AND CLINICAL PLACEMENTS AND IN YOUR JOURNEY AS YOU VENTURE OUT INTO THE REAL WORLD! KEEP IN TOUCH!

NSSLHA POINTS

The official breakdown of where to get your NSSLHA points in 2020



Color/Label	5 pts
Movie Review: When I stutter	20 pts
Youtube mini series	5 pts/ discussion post
COMD Mondays	5 pts (20 pts max.)
Regular NSSLHA Meeting	25 pts
NSSLHA Crossword	5 pts
Grad Application Workshop	20 pts
Annual COMD Symposium	6 pts/ speaker
Peer Mentoring	2 pts/hour
Volunteering	Varies
Card Making	2 pts/ card (max 10 pts)

REMEMBER:

To receive NSSLHA cords for graduation, NSSLHA members need to earn 75 points for two consecutive semesters.

To receive points for completing your crossword, you must email it to csulacomd@gmail.com

Want to check your current totals?
Reach out to us at csulacomd@gmail.com