

Hear Here

June 2013

Issue Highlights:

- ❖ Tutoring Success
- ❖ Make Your Own Fossils
- ❖ 2012 Community Benefit
- ❖ Easy Organizing for Children with Disabilities



Be Nice! In recent months, bullying and efforts to stop it have made headlines. Positive self-esteem is linked with better academic performance. However, those who have reported bullying or harassment in the past 12 months also reported lower self-esteem. Each of us must make a commitment to stop bullying when we see it in order to improve school climates and students' self-esteem.

Each of us can take an active role in embracing diversity and teaching tolerance. The main reason children are bullied is because they are seen as being different by their peer group. By encouraging children to value differences we can help create a climate that is accepting of diversity.

Bullying and verbal harassment are common experiences for many students. According to the 2011 National School Climate Survey performed by GLSEN, children were asked how often they had been verbally harassed at school because of personal characteristics. An overwhelming majority, 92.3% reported being verbally harassed at some point in the past year, and 48.9% experienced frequent verbal harassment. People reporting the highest level of harassment are those who identified as Lesbian,

Gay, Bisexual, or Transgender (LGBT). LGBT students most commonly reported experiencing verbal harassment at school because of their sexual orientation(81.9%) or how they express their gender(63.9%). Notably, the group that identified themselves as having a disability reported the lowest level of harassment at 17.4%. The data indicates that our society has made strides to improve acceptance and diversity in some respects, but we still need to make efforts to end bullying across the board.

Harassment takes place during the school hours, and in our increasingly connected world, harassment has also moved online. "Cyberbullying" is another form of bullying that can be a serious form of harassment. Parents can help prevent cyberbullying by being actively involved in setting boundaries for appropriate online behavior and monitoring children's online activity.

In our programming, Comprehensive Therapy Center works to create an inclusive and accepting environment. We encourage children to express themselves and provide positive reinforcement that helps boost self-esteem. By working together to recognize and stop bullying, we can all take action to help increase self-esteem and achievement.



Established in 1982, Comprehensive Therapy Center's mission is to meet the therapeutic and educational needs of children with disabilities who are at-risk or disadvantaged, through skill building, academic enhancement and social emotional support. We help children to walk, talk, learn and play so they can read and write.



Our Wish List

Friend us on Facebook:
<http://facebook.com/therapycenter>

Sign up for our quarterly
e-newsletter at:
<http://therapycenter.org/mailling-list>

Donate at:
<http://therapycenter.org>
Therapy supplies: mats, bolsters, balls

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<http://therapycenter.org>
(616) 559-1054



Luis - A Success Story!

Luis began tutoring at Comprehensive Therapy Center with Linda Weaver when he was in sixth grade. Now, Luis is in eighth grade and he has really grown and matured in three short years! He has developed improved study skills and has become a polite young teen. He is responsible and proud of the fact that he has progressed from a full special education classroom to four classes in general education.

Many of the strategies learned in his tutoring sessions have helped Luis succeed. Luis uses reading strategies with minimal cuing, likes to read orally using good expression and when he needs to track the sentences, he does so without any cues from his tutor! He realizes the importance of note-taking, consistent completion of homework, and using memory strategies to remember new information. He also uses his phone's calendar to help him remember important dates-such as tutoring sessions on Tuesdays and Thursdays.

In the classroom, Luis also applies his study skills. Recently, when Luis started reading a new book in his general education English class, he knew his CTC tutor did not have a copy. He independently asked his special education teacher to get the book for his Kindle so he could bring it to his tutoring sessions.

Luis loves music and listens to it on headphones during his transportation to the CTC office. When he arrives, he puts the headphones away and gets out any homework assignments to begin his session.

Tutoring appointments at Comprehensive Therapy Center are available on Tuesdays and Thursdays with Linda Weaver. Mrs. Weaver has 30 years of experience teaching and tutoring students to help them accomplish their academic goals.

Step Right Up! to the FEBulous Carnival

On a chilly February night, a group of fun-seekers gathered at Temple Emanuel to enjoy our FEBulous Carnival on February 17th.

Attendees participated in therapy activities at the Meijer Midway, took funny photo booth pictures, and munched on carnival fare. The crowd was wowed by the musical talents of the band, Too! and many boogied with the bearded lady.

The night was a rollicking good time, raising over \$3,000 for children with disabilities. Thank you to one and all who helped make this event fun!



8th Annual Coloring Contest: My Favorite Summer Activity



Jottings from Jean



When told, "You don't look a day over ___," I was suspicious. But for the agency, hitting the 30-year mark was a series of events. With much community support, we had a series of celebrations recognizing our accomplishments. In short, our staff has grown in numbers; our clients' needs have changed; our first volunteers have been working for ten years- naturally all this without me aging at all. The past 30 years we recognized the work of a talented person, Anne Wisniewski, who designed our first logo. In honor of reaching our young adult status, we have a new logo designed by Paul Arnold which is soon to be synonymous with the youthful and creative therapy we offer the West Michigan community. A most heartfelt "Thank you," to all who have helped us grow to allow people to walk, talk, learn and play so they can read and write. Today I can proudly say, "We don't look a day Over 30!"

Jean Siebar

Sensory Activity:

Make Your Own Fossils

A salt dough recipe and a handful of dinosaur toys, sea shells, and other toys come together to make your very own fossils.



You'll Need:

- | | |
|--------------|-------------------------|
| 2 cups flour | 1 cup salt |
| 1 cup water | Optional: Food Coloring |

Instructions:

1. Mix the flour and salt together. Optional: Add a few drops of red, blue, and yellow food coloring into the water to make brown and add to the flour and salt mixture. Combine thoroughly.
2. Press your dinosaurs, shells, and other objects into the dough to make clear impressions. Use a butter knife or other dull tool to cut out around the shapes.
3. Allow to air dry for at least four hours, or bake at 200 degrees for 2-3 hours.
4. Fill a bucket with sand, dirt, or rice so you and your child can dig for dinosaurs!

8th Annual Coloring Contest

Students across West Michigan created these winning designs to celebrate March is Social Worker Month, April is Occupational Therapy Month and May is Better Hearing and Speech Month.

See all the winning designs at:

<http://therapycenter.org/coloring-contests>.

Donations and Gifts

April 2012 to March 2013

In Kind Gifts

Applied Imaging
Kate Blumenstein
Clear Advantage Mechanical
Alice and James Donahue
Glenda Hewartson
Alberta and Elmer Hoffman
Olivia Holwerda
Rie Hower
IHOP Restaurant
Carol Klinger
Mimi Martin
MVP Sports
National Storage Center of Grand Rapids
Sandra Roberts
Terese Smith
So Awesome, LLC
Ann Tarr
Forrest and Marjorie Tarr
Dixielee and Edwin Terpstra
Jenni Terpstra
Nina VanHeulen
Todd Wilkie

Foundations and Organizations

Amway Corporation
Applied Imaging
Bank of Holland
Beene Garter
Black Cat Golf Outing
Family Hope Foundation
Tom and Mickie Fox Donor Advised Fund
Gordon Foods
Grand Rapids Community Foundation Youth Grant Committee
Haworth Inc.
Herman Miller Foundation
Home Builders Association
Independent Charities of America
Kent County Medical Society
Alliance Foundation
Knights of Columbus
Lake Michigan Credit Union
Lillo Insurance Agency
Louis M. Dexter Memorial Foundation
Macatawa Bank
Mary Free Bed Fund

Massachusetts Mutual Insurance Meijer Inc.
MoJo Foundation
Sebastian Foundation
Sheldon A. Kahn Trust
Smith, Haughey, Rice & Roegge
Temple Emanuel
Trivalent Group
VanAndel Arena
Steve and Cindy VanAndel Foundation
Warner Norcross & Judd
WYCE Hat Trick Concert Series

Individuals

Celia and Larry Andrus
Sam Arnold
Doug and Kate Bandos
Elizabeth Bauman
William Boorstein
Patricia and Eddie Braden
Bette and James Buffington
Charles Burpee
Michael Campbell
Barbara Casey
William Casey
Margaret Childs
Jean Cisler
Sharon and Todd Colon
Adam Connor
Jan and David Cornelius
Cheryl Currier
Linda DeJong
Alice and James Donahue
Deborah and Patrick Droste
Sheila and Jeff Frank
Jeannine and Andrew Frazier
Ellen and Clark Grant
Elizabeth Guthaus
Andrea and Marc Haidle
Kate Harms
Carolyn and Thomas Hicks
Carol and Ed Hordyk
Stefanie Hosford
Mary and Craig Hunt
Sandra Hyde-Swanson
Cathleen Kaiser
Mary and Christopher Kaiser
Erma and Thomas Keizer
Michelle and Shawn Kersjes
Jennifer and David Khorey
Tracey and Tom Koperski
Theresa and Terrence Krol
Debra and Claire Larson
Carol Leeson
John Lorand

N. Lorraine and Earnest Malke-witz
Nancy and Thomas Manett
Deborah and Daniel Mankoff
Irv Marcus
Sharon and Charles Marks
Dominic Mattone
Patricia McClellan
Gayle and Philip McCorkle
Glynis and Tom Miller
Gary Mitchell
Michelle Ouwinga
Walter Pawelka
Lori and Todd Pitts
Barbara Reckell
Pam and Jeff Rush
Tom Rutledge
Kenneth Scott
Mary and William Seeger
Arlene and Joel Siegel
B. Miller and Leslie Siegel
Sheryl and James Siegel
Richard and Carla Siegle
Anita Silverstein
Abby Smith
Terese and Bert Smith
Penny and Bill Smits
Margaret and John Steketee
Cindy and Jeffrey Stowe
Pat and Jim Talen
Ann and Steve Tarr
Marjorie and Forrest Tarr
Thomas Tebeau
Dixielee and Edwin Terpstra
Jenni Terpstra
Sharyl and Claude Titche III
Marilyn Titche
Candy Titus
Marcy Torres
Anne and Robert Trube
Sue and John Uglietta
William Wakefield
Helen and Theodore Walborn
Miriam and Tom Walsh
Carol and James White
Todd Wilkie
Connie and Jim Winter-Troutwine
Cina Young

In Memory Of

Shirley Key by Donald S. Berg
Carol Schauben by GVSU Speech Pathology Students and Faculty

Carol Vaughan by Terese and Bert Smith

In Memory of Laura Kilcoyne

Alice and Jim Donahue
Linda Goodheart
Jean Silbar and Dan Voorhees Family
Terese and Bert Smith
Nina and Matt VanHeulen
Linda and Glenn Weaver
Jan and Terry Wilks
Cina Young

In Memory of Sherman Massingham

Jean Silbar and Dan Voorhees
Candy Titus

In Memory of Nikita Needham

Terese and Bert Smith
Jean Silbar

Memorials made by the Jean Silbar and Dan Voorhees Family

Celia Besbris
Sally Hillman
Lois Kahn
Sarah Nemon
Stuart Padnos
Louise Perkins
Richard Siegle
Walter Stark
Bernie Weiner

In Honor Of

Brian Chase and Jessica Chase by Chase Family
Barbara Roelofs by Ann and Steve Tarr
Jean Silbar by Paul Pratt and Denise Chrysler
Terese Smith by Mary and Steve Boesen
Wayne and Marilyn Youngquist by Cheryl Currier
Marcie Zack by Marilyn and Garrett Zach

Moments from Therapy and Fun 2012



2012 COMMUNITY BENEFIT

Community Health Education	\$11,365
Health Professionals Education	\$54,446
Community Building	\$27,355
Charity Care	\$98,465
Community Benefit Operations	\$54,890
Total Community Benefit	\$246,543

2012 AGENCY INCOME

Program Service	\$628,213
Contributions and Fund Raising	\$104,029
Interest	\$137
Total	\$732,379

2012 AGENCY EXPENSES

Program Service	\$596,599
Management and General	\$107,623
Fund Raising	\$6,069
Total	\$710,292

Community Benefit

Our Community Benefit activities focus on community collaboration and education, and on building capacity for children and adults with disabilities who have unmet therapy needs. Here's a summary of the value we contribute to our community.

In addition to speech-language, sensory and motor therapies for individuals and special education services to schools, we offer educational programming for teachers, families and the community. We also provide clinical practice for healthcare students and mentor our own volunteers towards human service professions. We collaborate with other nonprofits serving similar people to align healthcare and educational services.

Life skills gained through therapy translate to increased productivity and independence. Therefore, we work to improve access to therapeutic programs for disadvantaged individuals with disabilities. In order to fund these programs the agency seeks community support through grant requests, fundraisers and individual donations.

We provide high-quality therapy services while promoting a culture of positively supporting people with disabilities who may be disadvantaged or at-risk.

Visit us on the web at <http://therapycenter.org> to learn more.

“If they can't learn the way we teach, we teach the way they learn.” — O. Ivar Lovaas



Therapy and Fun 2012

Therapy and Fun 2012 was a great success. Twenty-five children in need of summer therapy made real progress. Overall, 75% of therapy goals were met by the end of the summer demonstrating the power of our intensive therapy program. The children love the program because therapy is surrounded by tons of fun.

Parents value the program and the support it provides. One parent noted, “Thank you all, we can understand our son much better, he is making friends and at home the frustration tantrums have stopped, thank you. We’ll be back again next year.” Another parent said, “Thank you very much for providing such a great program! The boys have made wonderful improvement since attending their second summer of therapy!”

Once again, our program focused on providing needed services to disadvantaged children and their families. Ninety percent of our families received financial support to make Therapy and Fun affordable for those with limited resources but increasing needs. Please consider making a donation to our scholarship fund to help ensure access to care for everyone!

Therapy and Fun 2013 is now enrolling. Call the office at 559-1054 for more information.

Welcome New Staff!

Cindy Bennink, Medical Billing Specialist

Teresa Bosley, Registered Occupational Therapist

Sandy Burt, Speech Language Pathologist

Heather Ferguson, Speech Language Pathologist

Mary Gallagher-Kuras, Speech Language Pathologist

Brian Hotchkiss MD, Volunteer Medical Director

Kim LeCleir, Speech Language Pathologist

Joy Oosterhouse, Teacher Consultant

Dawn Schmidt, School Social Worker

Megan E. Smith, Development Director

Michelle Stoel, School Social Worker

Linda Zizos, Director of Operations

Homework Helps

As often as possible, try to set a time after school in which to have your children complete their homework. First, give them a snack and half an hour “downtime,” then be consistent in setting the next half hour or more for homework. If this is not possible, then set a “homework ringtone” on your phone to remind you and your children to check for homework assignments and get them completed in a timely fashion. Ask what needs to be done to complete the assignment to make sure they understand the directions. Ask if help is needed but encourage independent work as much as possible. Independence takes the burden off the parents and gives children a positive feeling about completing homework.

If your children have homework in two or more subjects, it may be helpful to let them complete one subject, take a short break and then go on to the next subject. Let them prioritize, so they are in control and responsible for their work.

If homework becomes a hassle, let your children devise a reward chart for the fridge.

At the end of the week, five stars could equal time on Saturday to go to a park, invite a friend over or go see a movie with mom or dad.

Even if your child does not have any homework, it would be a great idea to review spelling words, make up riddles or put the words in alphabetical order. Another idea would be to read with your child, taking turns reading to each other using expression, and then discussing the main points.

The importance of homework can not be stressed enough. In addition to proactively monitoring your children’s progress, you can also enjoy quality time together.

Apps for Children with Autism

The widespread popularity of affordable apps for your Android, iPad, and other smart devices is one of the best things to happen to assistive technology in the past fifty years. However, navigating the app stores to find just the right one for your child can be intimidating.

Autism Speaks has a list of apps that have been recommended by parents. You can find the list by visiting www.autismspeaks.org/



Accent Modification Easier to Understand

Accent modification is a systematic method for improving non-native English speakers' pronunciation to enable them to communicate clearly and effectively. The goal is not to eliminate an accent, but rather to make it easier to understand by native speakers.

At Comprehensive Therapy Center, accent modification is taught by a specially certified Speech-Language Pathologist who analyzes clients' specific speech patterns and works with them to improve their production of individual sounds as well as intonation patterns.

Most clients achieve at least a 50-60% improvement in their English pronunciation skills resulting in easier communication with co-workers and friends. Call us for details on a package of five sessions. 616-559-1054.



Easy Organizing for Children with Developmental Disabilities – Visual Planning Strategies

Children with Autism Spectrum Disorder (ASD) and other social communication challenges often have difficulty with behavior and social skills. At times, this difficulty can be caused by confusion about what is happening and what they are supposed to do. Many children with ASD and other communication

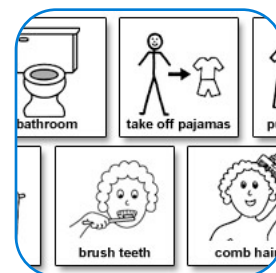
disorders are visual learners who can capitalize on their strengths by using visual planners.

Visual schedules can help clarify the sequence of events, activities in the day, and expectations associated with each activity. Visual schedules can be personalized with symbols and words to meet your child's individual needs. For instance, if your child is having difficulty with the morning routine, you can create symbols for each step – getting dressed, making the bed, brushing teeth, eating breakfast, etc. – and use the schedule to talk through each activity and the behavioral expectations for each. Then your child can follow the order on the visual schedule to perform the morning routine.

Build Your Own Visual Schedule

Supplies:

- Old magnets
- Glue
- Construction Paper or Pictures
- A Metal Surface – Fridge door, or a metal sheet



Begin by laying out your schedule on the metal surface. Depending on your child's age, you can use symbols for Morning/Noon/Night, time references, or small clock faces to help with learning to tell time. Next, create symbols or words on the construction paper for activities, chores, school, or homework. Then, cut the magnets into smaller pieces that are still strong enough to hold a piece of paper. After that, cut out the paper and affix it to a magnet with glue. If you prefer, you can create symbols and words on the computer and then cut out from a print out. As activities change, you can create new magnets to use.

As you add the magnets to the schedule, talk through the activity and discuss the social and behavioral expectations. Use positive statements such as, "when eating breakfast I will keep my food on my plate" rather than statements that start with "do not." Refer to the schedule to help your child stay on task and transition to the next activity. Customize the visual schedule to meet your child's individual needs.

Visual schedules encourage engagement and improve transition from task to task. They also are handy references and a useful tool to improve behavioral and social skills. By improving communication, visual schedules can help build self-determination and independence.



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Check out our award-winning and innovative programs:

- Individual speech-language, motor and sensory therapies
- Tutoring for all ages - specializing in learning disabilities and traumatic brain injuries
- Family literacy programs and parenting workshops
- Therapy and Fun award-winning summer clinic for young children

