



562 No. Bluff Blvd.
Clinton, IA 52732
563-242-4070

**WELCOME TO
OUR NEW
READERS!**

Inside this issue:

Communicating With Children	2
Thank You Sponsors and Donors	3
The Activities Bag	4



The Rehab Gab

April, 2010

Volume XI, Issue I

A Letter from the Director



Greetings to all!! It appears that we have survived yet another winter! I hope that all the snow is gone. We have had a busy year. In the fall we all attended continuing education events. They are time consuming but necessary to keep our skills up and our licensure current.

Due to the difficult economic times many of our clients and families have had trouble "making ends meet." Many of these are persons not receiving help from third party payers so they find it difficult and sometimes challenging to try to keep their child/family member in therapy. It is our mission to never refuse any one service due to inability to pay. Because of this it has been a difficult year for us too in trying to make our own "ends meet." We have been able to assist some of our needy families in obtaining recycled toys, food items, and/or clothing for Christmas as well as those who have lost much due to disasters.

We are a United Way of Clinton County, Iowa agency and we also receive a generous grant from the Sisters of St. Francis, which help us to provide financial assistance to our needy clients. Even with all this assistance a significant number of our clients remain in need. We are hoping that some of you might be able to support our mission by providing continued financial assistance where needed.

We are participating again this year in "Birdies for Charity." If you have not received a brochure yet, please stop by and see us. Any assistance you can provide will be greatly appreciated.

April is Occupational Therapy Month and May is Better Hearing and Speech Month. We are celebrating by providing special activities for our clients as well as informative interviews and "spots" on the local radio.

We also will be participating in and providing information at two upcoming events locally. They are "The Growing Families Expo" to be held at Clinton Community College on Saturday, April 17th, and "The Family Wellness Carnival" to be held in Dewitt on Monday, May 17th. Stop by and see us if you are in the area.

Thank you all for your continued support and cooperation as we work together to help our clients live more independent lives .

Sr. Marcella Marie Narlock, Director

Communicating with Children

by Shirley Haverly-Felten, MA, SLP

Here at Mount Saint Clare Speech and Hearing Center many parents watch as the Speech Language Pathologists work with their child. Parents are interested in knowing how they can help their child to increase communication skills at home. I came across a good article in the December, 2007 Advance Magazine written by Michelle Mintz MS, CCC-SLP (Yes, I am a little behind in my reading, but I am getting closer to 2010!). I am going to share some of her advice with you.

As you have probably been told, the first five years of life are critical in a child's development. Their brain development is dependent on continual exposure to enriched stimulation from the moment they are born. In other words, your child is learning from the day he/she is born. The information (names) from this "every moment world" (even if it does start out with "that voice goes with my Mommy", or "yes, that thing coming toward my mouth is called a bottle and it has a yummy taste", "oh, my belly feels much better now") is supplied by the most important people of this little person's life-YOU. You need to talk to your child and supply all these names. Your baby has to have the "association and knowledge" before he is able to "say" the names of objects, people, or feelings. Ms. Mintz (author of the 2007 article) states that the child's level of intelligence can be raised substantially by the kind of care they receive in their first five years of life. Pretty amazing, huh!

Parents can utilize daily routines to stimulate, strengthen, and "feed" brain development. Going for a walk (or just outside) and having mom (or dad) point and name all those wonderful items outside. Maybe even stopping and picking that flower and talking about the color, parts, or feel. Unloading the clothes from the washer to the dryer can teach or reinforce concepts: wet, dry, hot. Folding clothes is a wonderful opportunity for finding a clothing article that looks the same (especially those socks!). Good sorting practice comes from placing spoons, forks, knives in their respective places in the drawer. Picking up toys and putting in the toy box or on the shelf etc. is not only a nice way for children to be more responsible and caring for their toys but also good concept building for positions in and on. Mom and Dad can also, at this time, talk about the feeling of "happy" or "proud". Children like to feel like achievers and do have increased self-esteem when they feel they have been helpful. From my past experiences I can tell you that children really do need to feel good about themselves!

Parents can help their child stay interested in books by using exaggerated facial movements and producing different vocal tones. Having the parent hold the book gives the parent more control for the pace of reading. At times children can go too fast and turn many pages at once. Parents should look at every page; point out at least one picture on the left, middle, and right side of the page; and read slowly so the child has a chance to imitate their words. If your child does not have the attention span for sentence reading, parents can forego the reading and name the pictures and/or describe the feelings seen on the book characters faces. Parents can give children some control of the activity by allowing them to turn the page when the parent is ready.

Parents should label objects constantly. Every item children show an interest in or anything the parent brings to their attention should be expressed verbally with one word. Do not be afraid to name the same objects in different settings (ex. dog across the street, dog in the book, dog in the pet store). This helps a child understand the meaning and to generalize (i.e. dogs can be different sizes, and colors and be in different places) that meaning. Finally parents can expand their child's language skills by adding one more word to the verbal phrase that the child has produced. For example, if a child says "more", the parent can respond "more cracker?" If the child says "more cracker," the parent can say "more cracker, please", or "more cracker, Mama."

Now, I would really have it made if I could take some of these ideas and address some of my cat's knowledge (Stay back = no, you do not run in front of a car especially when it is moving toward you. This is your toy = I really don't appreciate my underwear being strewn across the living room floor. Be a hunter, out there = I really do like that you catch the birds, moles and mice, but I don't like that you leave them outside my front door (especially when they are half chewed on.) Oh well, I guess I will just stick with the children. They really are sooo amazing!

Thanks So Much to our 2009 Birdies For Charity Sponsors!

Maureen Becker, OSF
 Norm & Patricia Boelk
 Janice Cebula, President, OSF
 Thomas Millard, PHD -
 Cornerstone Wellness
 Betty Croisant
 Evelyn Dymkowski
 Bonnie Eckert
 Tom Timion, Edward Jones
 Dr. Richard and Kathy Forrest
 Ida Green
 Bernie & Donna Holtkamp
 Jim & Vicki Hurlburt
 Lucille Ingwersen
 Kevin & Barb Kehl
 Robert & Ruth Kehl
 PJ & Tina Kehl-Anglin
 Bobby & Tina Kehl
 Jeff Marsh
 Virgilio Corpuz, M.D.
 Mark & Colleen Meggers

Don & Shirley Mortensen
 Dona Norlock
 Sylvia O'Keefe
 Anne Martin Phelan, OSF
 Alan & Gloria Pray
 Mary Rickerl
 John Robinson
 Kevin McKee, President -
 Savanna Thompson State Bank
 Willis Sikkema
 Mary Smith, OSF
 Douglas Stewart
 Eva M. Van Geem
 Ray & Verla Vens
 Randy & Brenda Vens
 Chris & Kristine Vens
 Jack & Paula Wenzel
 Victor & Sherri White
 Renee Williams
 Rickard Winkel, CPA -
 Winkel, Parker & Foster



A Special Thanks to Our Generous Donors!

Kelly Sigel
 Kristi Krick
 Colleen Meggers
 Francis "Pete" Henrisy
 Kehl Family Foundation
 Jane Orman-Luker
 Dernie & Donna Holtkamp
 Ron Kircher
 Willis Sikkema
 Beverly Goebel
 Evelyn Dymkowski

Marie Smith & Dianna Lassen
 Knights of Columbus—
 * DeWitt Council
 * Iowa State Council
 * Clinton Council
 Target Stores
 United Commercial Travelers
 Harry's Farm Tire Service
 Tandem Tire & Auto Service
 Jensen Oil Company
 Farm & Fleet





562 North Bluff Blvd.
Clinton, Iowa 52732
Phone: 563-242-4070
Fax: 563-242-2426

**Activity with Purpose
Therapy with
Compassion**

STAFF:

Marcella Marie Narlock,
OSF, MS, SLP, Director
Cynthia Winter, MA, SLP,
ATP, Assistant Director
Jeanne d'Arc Untz, OSF, MS,
SLP
Shirley Haverly-Felten,
MA, SLP
Patricia Boelk, O.T.R./L
Vicki Hurlburt, Office
Manager
Jean Mangan, Paraprofessional

The Rehab Gab
Jean Mangan, Editor



Mount St. Clare Speech
And Hearing Center is a
United Way of Clinton
County Iowa Agency

RETURN SERVICE REQUESTED

Non-Profit Org.
U.S. Postage
PAID
Permit No. 129
Clinton, IA



April is Occupational Therapy Month

The Activities Bag

1. Paper Pick-Ups: Cut construction paper into 1/2" squares and have your child try picking them up by sucking them onto his/her straw and then dropping them into a container. Use various types of paper such as tissue paper, paper plates, etc. as each will require a different level of force to pick it up and hold it.
2. Using your child's favorite type of jelly or pudding, have him/her sit in front of a mirror and use his index finger to spread the jelly on his lips and then "kiss" it onto construction paper.
3. Using old wrapping or tissue paper, have you child wad a piece to make a "ball". Place the ball on the starting line on a piece of paper or the table and use a straw to blow the ball across the floor/table/etc. to the "finish line. Try it on carpeting to provide more resistance when blowing the ball. Try it sitting or lying on your tummy on the floor.

**May is Better Hearing &
Speech Month**

