

Pediatric Therapy Today

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A New Sports Season is Here — Stay Safe!



APT's sports medicine clinic, Arlington Rehabilitation for Sports & Orthopedic Injuries, has been treating children and teens for over a year now.

And although treating sports-related injuries is our passion, we hope that young athletes stay safe and injury-free on the playing field.

With that in mind, we want to relay these recently published safety tips. In the April 2008 issue of *Today in PT*, Jeff Konin, PhD, ATC, PT and Barbara Morris, MS, ATC, CSCS explored the issue of sports safety for children. Konin and Morris identified risk factors and interventions that impact sports injuries in children and adolescents.

Of the 20 million children and adolescents that participate in recreational or competitive sports, 3.5 million (or about 18%) are injured annually. The 5 to 14 age group accounts for almost half of sports-related injuries.

The article cites four important factors to increase safety: pre-participation screening, field safety, equipment safety, and emergency response.



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Arlington Rehabilitation for Sports & Orthopedic Injuries

a Division of APT

3105 N. Wilke Road, Suite H
Arlington Heights, IL 60004
(847) 255-8690

www.aptmltd.com

1. While the delivery and worth of pre-participation screening is debated, Konin and Morris assert that a medical team should agree on the components of the screening, and it should be sport-specific.

2. Field safety can be addressed by coaches, parents and community recreational employees by monitoring uneven or slippery surfaces, improper lighting for nighttime events, secure fences, as well as other sport-specific safety measures.

3. Equipment should be properly fitted and sized. Inspections and repair of all equipment should be according to any standards or guidelines.

4. An emergency action plan should include the following: purpose of the plan, emergency personnel and contact information, communication plan, emergency equipment, transportation, physician coverage plans, hospital/emergency departments, emergency protocols, adverse weather-related management, and maps.

2008 EDUCATION PROGRAMS

CONDUCTED BY THE EDUCATION DEPARTMENT OF
ARLINGTON PEDIATRIC THERAPY MANAGEMENT SERVICES



CHECK OUT SOME OF THE CLASSES/PROGRAMS BEING OFFERED BY THE
EDUCATION DEPARTMENT THROUGHOUT THE YEAR:

(All programs with an * are being offered this fall)

***SUPPORT GROUP FOR KIDS** – This group provides students with physical disabilities (age 8 and up) the opportunity to meet other students who might be facing similar challenges. Students have the opportunity to share with one another some of the feelings they might be experiencing regarding their disability and friendships develop in the process.

***EVENING PARENT SUPPORT GROUP** – This group provides parents, grandparents and caregivers of children with special needs the opportunity to share experiences, concerns, fears and successes. It is also a way to network and offer support to one another. This group meets the second Wednesday of every month at 7:00 p.m.

***FLOURISH IN THE FOOTLIGHTS ACTING CLASS** – This class runs in two phases each year: Phase 1 – Acting Techniques and Phase 2 – Production. The class is taught in conjunction with The Metropolis Performing Arts Centre in Arlington Heights. It is a wonderful opportunity for students with special needs to explore theater and work as an ensemble. This class is for students age 13 and up. More information on page 3.

***SOCIAL SKILLS CLASS** – This class provides teens who are struggling in this area of skill development the opportunity to learn about, talk about and PRACTICE various social skills. Discussion and role playing are the emphasis of this class.

SOCIAL GROUP / GAME CLUB – This group provides older teens with the opportunity to get together, practice socializing, play games and hopefully develop friendships.

RELATIONSHIPS CLASS – A variation of this class is typically offered each year in the spring. The class is for individuals with special needs, age 15 and up. The class covers a wide variety of information pertaining to feelings, friendships, relationships and sexuality. The class is a wonderful opportunity for teens and young adults with special needs to learn and share about such topics.

TEEN DREAMS BOWLING CLUB – This class is offered in the summer for students age 13 and up. It is held at a local bowling alley and provides a fun opportunity to get together, work on your game and have some fun!

TIME AND MONEY SKILLS CLASS – This class is typically offered in the summer and provides students with the chance to continue working on these important skill areas in a fun environment. The class is generally for students age 7-10

If you are interested in or have questions about any of the classes/programs listed above, you can call Mary Beth Mayer @ (847)255-8690, ext. 127.



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Flourish in the Footlights

Flourish in the Footlights is a year-long program that provides experience in the performing arts as well as the opportunity to participate in a production on the Metropolis Stage. The program is presented as a partnership between Arlington Pediatric Therapy, Friends of Children in Therapy and the Metropolis School of the Performing Arts and is entering its 6th amazing year.

Step 1: Acting Techniques

The program begins with a 10-week Acting Techniques course. This class focuses on developing the actors' tools – body, mind, and voice. It starts the character building process, as well as jump starts the process of ensemble building and working. Acting Techniques students will develop linguistic skills, gross motor competency, focus, intention, improvisation and story building through developmentally appropriate exercises and instruction. The Acting Techniques class is held at Arlington Pediatric Therapy in Arlington Heights and is a requirement to move on to the Production class.

Step 2: Production

The second half on the program focuses on story analysis, story building, collaborative script writing, character development, character intentions and relationships, memorization, rehearsal process, and, finally, a production on the Metropolis stage. The Production segment of *Flourish* is a 20-week commitment and the classes/rehearsals are held at the Metropolis School of the Performing Arts. The ensemble begins by analyzing a story or movie by detailing main events, characters and the plot. Through guided improvisation, the ensemble recreates the story and their improved dialogue and action is recorded. The recordings are transcribed by the Metropolis Staff to create an adaption that is a completely unique and meaningful to its participants. Students partake in a full rehearsal process including line memorization, blocking rehearsals, music rehearsals, and choreography rehearsals. All activities are developmentally appropriate and focused for the abilities of the ensemble. The process ends with a performance on the Metropolis Main Stage complete with lights, sound, costumes, props and a full house!

Staff

The staff for *Flourish in the Footlights* is comprised of both special needs professionals and performing arts professionals. Metropolis provides one lead director/instructor with comprehensive experience in working with actors with special needs, as well as a qualified assistant and one qualified volunteer for all classes and rehearsals. Arlington Pediatric Therapy provides one special educator and one licensed Occupational Therapist for every class/rehearsal. This year, through support and collaboration with the Center for Enriched Living, an additional staff member will be provided during classes and rehearsal. A team of six adults will be helping to facilitate and produce *Flourish in the Footlights* for a 6th incredible year!

Dates and Times

Step 1 – Acting Technique

Mondays, September 8 – November 10 (10 weeks)
6:15pm-7:30pm

Held at: Arlington Pediatric Therapy
3105 N. Wilke Rd, Suite H
Arlington Heights, IL 60005

Step 2 – Production

Mondays, November 24 – December 15 5:30 – 7:00pm
Mondays, January 5 – April 20, 2009* 5:30 – 7:00pm
*(2) Fridays April 10 and 17, 2009 5:30 – 7:00pm

Held at: Metropolis School of the Performing Arts
111 W. Campbell St.
Arlington Heights, IL 60005

Performance – Monday, April 20, 2009, 7pm

Flourish in the Footlights, year-long program Fee: \$385.00
- Acting Techniques, Fall 08 Fee: \$155.00
- Production Class, Spring 09: \$230.00

With more questions about the Flourish in the Footlights Program, please contact Kristen Jacobson, Outreach Manager at Metropolis School of Performing Arts at (847) 577-5982, ext. 230 or at kjacobson@metropolisarts.com.

To register, please pick up a registration packet from Arlington Pediatric Therapy packet and return to:

**Mary Beth Mayer, Special Educator
c/o Arlington Pediatric Therapy
3105 N. Wilke Rd, Suite H
Arlington Heights, IL 60004**



www.focit.org

Upcoming FOCIT Events

FOCIT is an all volunteer not-for-profit 501(c)(3) organization whose mission is to serve children with special needs, their siblings, parents, and other family members. Services that FOCIT funds and/or supports are aimed at fulfilling educational, financial, social/emotional or therapeutic needs through approved programs.

Ways we help (most programs are conducted by Arlington Pediatric Therapy):

- Family financial assistance.
- Classes and support groups — we help fund a wide variety of programs from social skills classes and support groups for children, parents and siblings to life-enhancing programs like art exploration and theater.
- Host seminars and bring in guest speakers to the community for families, professionals and all interested parties.
- Provide a free lending library of books on topics relating to children and their conditions.

Help we'd appreciate (with our heartfelt thanks):

- Financial donations anytime!
- Old cell phones for recycling.
- Volunteers for events in year ahead.
- Buy retail/restaurant/gas etc. gift certificates through our STAR program (monthly); also Carson's Community Days (Nov. & March)
- New items (adult and child) for our holiday "Kids' Secret Store" (November/December)

For more info on classes, programs, and ways to help, please call (847) 255-8690, ext. 124 or send an e-mail to IreneS@focit.org.

Living Gluten Free, part two **Saturday, August 23, 2008** **10am -1pm**

If you missed the first lecture you can still benefit from attending the second part of this two-part lecture series. In this session Dr. Deb Sander will have a round table discussion with parents and families that have been eating gluten free. This is a great opportunity to hear personal stories of triumph over disease. Get tips on what you can do to take control of your health. Questions will be answered and wheat free food will be available to sample. For more information or to RSVP please send an email to IreneS@focit.org, or call (847) 604-0447.

Annual Tootsie Roll Tag Days **September 19-20**

Do you have an hour to donate on September 19 or 20? FOCIT will be collecting donations (through Knights of Columbus) those two days and we will receive from KOC whatever we collect! That means with more volunteers helping, the opportunity is there to raise more funds. In addition, KOC donates a portion of their members' receipts to the various groups participating. Here's an interesting fact: the money collected in the Tootsie Roll drive (anywhere from \$3500 to \$6000) helps supplement costs of classes for up to six months (keeping costs low for families). Or, it can be used to pay for therapies for families in need or with insurance limitations. Please call Grace Moriarty at (847) 604-0447, or e-mail to IreneS@focit.org if you can help out.

Annual Wine-Tasting Fundraiser **Saturday, November 1**

Friends of Children in Therapy will be hosting its second annual wine tasting on Saturday, November 1 at Winestyles in downtown Arlington Heights. Admission is \$20, which includes the tasting, as well as a variety of meats and cheeses. We will also be raffling some great prizes! Please mark your calendars now for an evening of fun, and support a great cause.

Winestyles is located at 47 S. Evergreen in Arlington Heights.

Can You Read the Signs?

This article was written by seventeen-year-old Annie Swiderski, a client of APT and student at Rolling Meadows High School. Ms. Swiderski wrote this for her school newspaper, The Pacer (Friday, May 30, 2008).



“To someone like me who has a disability and tends to notice these things more than the average person, I would consider Rolling Mead-

ows High School to be fairly easy to get around. I mean, besides the fact that many of the doorways leading to my classes are barely wide enough for two people to fit through, much less someone who has to drag along something as wide and cumbersome as a walker everywhere they go. Or the fact that the elevator has become increasingly slow this year due to the amount of people on crutches who insist on bringing a minimum group of three friends in the elevator with them, on account of the fact that they are ‘carrying stuff’ for the injured party. Yeah, right...

But nevertheless, I, as well as the others like me at this school have managed to get by. I’ll have you know that it does my heart good when someone holds a door open for me or picks up a fallen binder. The one thing I truly have trouble understanding is why some people have suddenly lost their ability to read.

Several weeks ago (although I am sure many of you have yet to notice it) a sign was posted on one of the doors of each of the school entrances. Each of these doors happens to be conveniently located next to a magic silver button. This magic silver button, when pressed, will allow a person to enter the sacred walls of Rolling Meadows High School without having to do much more than hit said button! Sounds great, right?

Apparently yes, as countless students

take advantage of this ‘magic’ without giving a second thought to the sign taped to the door in front of them: Handicap Use Only.

While doors that open automatically may seem a mere convenience for many, to the disabled portion of the student body, (and I understand we are quite the minority) it is a necessity. Even for those with temporary afflictions such as a broken leg or arm have real need for this kind of assistance.

So what is someone like me supposed to do when this ‘magic button’ becomes virtually useless, because so many other kids have used it just so they could get to their bus a few seconds faster after the last bell? I’ll tell you what: possibly risk injuring ourselves just so that we can go on living normally. All because of a little silver button that holds an important message that many people fail – or are unable – to read. I guess this is why we have to stay in school.”



APT Partnering with Rush University

Since Fall 2006, the Speech Department at Arlington Pediatric Therapy has been partnering with the Department of Communication Disorders and Sciences at Rush University Medical Center to provide opportunities for graduate level students in speech and language pathology to experience working in an outpatient pediatric setting. Students are placed at Arlington Pediatric Therapy for a 10-week quarter and begin by observing the speech therapist that is mentoring him or her for the first few weeks. As the student becomes more familiar with the mentors’ clients, he or she begins to assist with, and eventually perform, therapy with the clients. All therapy is supervised directly by the mentor.

This process has proven to be beneficial for the Rush students, the APT therapists, and most importantly, our clients. By teaching the Rush students, the therapists in the speech department are encouraged to reflect on the therapy, what techniques have been successful, and why. The students also have brought new ideas and theory from the University. Hopefully, this will be an ongoing relationship that will continue to benefit everyone for many years to come.

S.O.S. Feeding Class

We have successfully completed our first SOS Feeding Class at APT! After eight weeks of introducing new tastes and textures, each participant increased the foods he or she was willing to eat. Some of the participants have added more than fifteen new foods to their diets! Our next class will begin September 30, 2008. Please pick up an informational packet at the front desk if you are interested!

SOS (which stands for Sequential-Oral-Sensory) is a non-invasive approach for children with feeding difficulties. The focus of the SOS program is introducing children to various properties of food and increasing their comfort levels.



Juliana Alterio enjoys her food during a recent SOS class at Arlington Pediatric Therapy

