



All For **KIDS**
Pediatric Therapy Clinic

8200 Homer Dr, Ste F

Anchorage, AK 99518

907-345-0050

www.allforkidsalaska.com

What's New???

Volume 4, Issue 1

June 2012

Hippotherapy Coming This Summer

By Leah Maenius, CCC-SLP

Special Points of Interest:

- Hippotherapy
- Taco Soup Recipe
- New Staff
- Community News
- Raising A Sensory Smart Child
- Social Group for Boys Ages 8-13
- The AFK Buzz

Many people are often surprised to learn that my Bachelor's degree is actually in the field of animal science, not communication disorders or some other field related to my current profession.

My decision to change to speech-language pathology stemmed from a pivotal experience in my junior year of college--the opportunity to volunteer for the University Therapeutic Riding Center, a Hippotherapy and Therapeutic Riding program created by Texas Tech University and University Medical Center to help kiddos with special needs.

Over the next year, my life was transformed as I watched a 3-year-old girl with Down Syndrome speak her first word, a child with autism laugh his heart out, and many other children have experiences that they were "unlikely" to have.

Contrary to the first impression of many, hippotherapy is not "therapy on a hippopotamus" (although, that thought is quite amusing). Hippotherapy is actually therapy provided on horseback, and it's an up-and-coming therapy modality that more facilities are embracing and incorporating into traditional therapy practices. It is

a treatment strategy that utilizes the rhythmic, repetitive movement of equine animals (horses, ponies, etc.) to improve a person's body and function, including trunk strength and balance, endurance, weight bearing, motor planning, respiratory control, and sensory processing. Not only are results often seen physically, but riders also appear to benefit mentally and emotionally, as well. In short, it's a full-body experience to benefit the whole person!



Logan

Beginning this summer, All for Kids Pediatric Therapy is taking the first steps to incorporate this fun and functional therapy strategy into our available treatment options (in addition to aquatic therapy, which we currently offer).

Krystal Vermeire, OTR/L and I have selected some of our

clientele for inclusion in our first attempt at offering hippotherapy services in conjunction with the Rainbow Connection Therapeutic Horseback Riding Center here in Anchorage. It is our hope that we can open up a new world of motivation and experiences to our kiddos, thereby helping them meet their occupational and speech therapy goals in a new, fun setting.

While our schedules are currently full for this initial summer, we welcome any and all questions you may have about hippotherapy and its potential benefits for your child. We look forward to providing more information about the program as it progresses this year, and we hope that our participating clients are as excited as we are about this new opportunity.

More information on hippotherapy as well as the Rainbow Connection Therapeutic Horseback Riding Center may be found on their respective websites:

www.americanhippotherapyassociation.org

and

www.therainbowconnection.org.

Our Mission:
Dedication to providing children, families, and physicians with the highest quality services available.

Taco Soup - A Clinic Favorite!

by Erin Cowell



Ingredients:

- 1 lb ground beef or turkey
- 1/4 medium onion chopped

Brown meat and onion

Add:

- 1-2 cans chopped tomatoes
- 2 cans pinto beans
- 2 cans kidney beans
- 1 can corn, drained
- 1 can green beans, drained
- 1 can Ro-tel tomatoes
- 1 package taco seasoning
- 1 package Ranch Dressing mix

Cook for 20-30 minutes to heat through all ingredients.

Serve with shredded cheese, sour cream and tortilla chips.

Enjoy!



Welcoming New Staff to All For Kids!

All For Kids Pediatric Therapy is excited to announce that we have added new staff members in the last several months. Please look for them in the clinic as well as on our "Meet Our Team" board, Family Album in our lobby, or on our website at www.allforkidsalaska.com

Check out the BUZZ for more info...



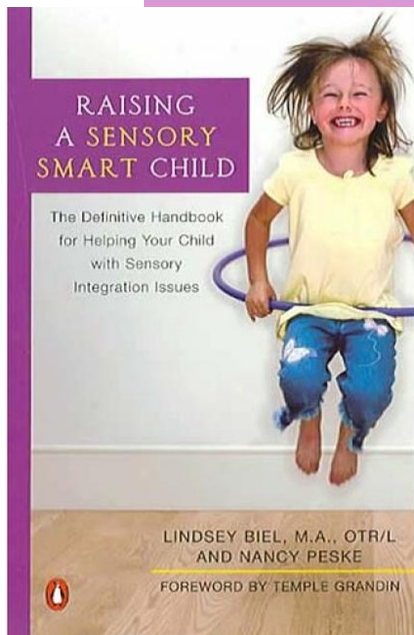
Community News by Monica Mattis

- Anchorage Youth Soccer Club recently announced the start of their new TOPSoccer program. TOPSoccer (The Outreach Program for Soccer) is a soccer program for individuals with cognitive and/or physical disabilities between the ages of 4 and 20. Register online at www.anchorageyouthsoccer.org or call (907) 727-2189 for more information.
- Bouncin' Bears is open for a special needs night from 6:00-8:00 pm each month. The fee is \$6, and you can check their website, www.bouncinbearsanchorage.com, for exact dates or call 52-BEARS (522-3277) for more information.



“Raising a Sensory Smart Child”

-The Definitive Handbook for Helping Your Child with Sensory Processing Issues

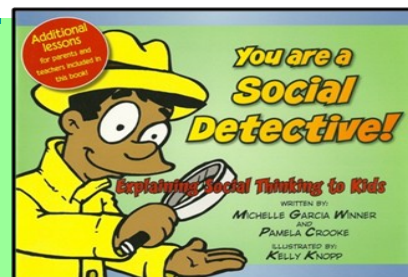


“So I drop my kid off for Occupational Therapy, and when I pick him up, he is a completely different kiddo. What’s the secret?” If the phrase “sensory processing disorder” (SPD) is new to you or if you don’t fully understand what the swings and ball pit are all about at All For Kids, put “Raising a Sensory Smart Child” on your list of things to read. Co-written by a mother and an Occupational Therapist, this book is not only for those new to the diagnosis of SPD, but it offers savvy parents even more ideas for interacting and engaging with their child. The book is reader friendly and an invaluable resource for parents. It begins by explaining how the senses work and how they are integrated, setting the foundation for recognizing and understanding a child’s sensory issues. The bulk of the book gives idea after idea for addressing specific sensory needs in everyday situations, such as meal time, and for special situations, such as a birthday party. In addition, the book lists websites, organizations, and companies that sell toys and equipment for kids with sensory issues. “Raising a Sensory Smart Child” is well worth a thorough read, but is also organized in a way that makes it convenient to find pertinent information you may be seeking. Ask the front desk or your therapist about borrowing Raising a Sensory Smart Child from our Lending Library at All For Kids.

–Amy Beane, CCC-SLP

All For Kids is starting a social group for boys ages 8-13!

The group will take place on Wednesdays from 4:30-6:00 starting June 20th and continue through the summer to August 29th. Occupational therapist, Kalia Cook, and speech therapist, Nichole LaChance, will work together with the boys using ideas from SUPERFLEX: A Superhero Social Thinking Curriculum. The curriculum brings kids through different scenarios that involve using their brains and controlling their bodies to think of others and defeat any number of Unthinkables they may encounter in their daily lives. Unthinkables are attitudes and behaviors that take shape into characters that can take over everyone’s brains to make them less flexible thinkers. With Superflex strategies, the kids learn to defeat the likes of Rockbrain (he makes people get stuck on their own ideas), One-Sided Sid (he gets people to only talk about themselves), or even Glassman (he makes people have huge upset reactions). Superflex strategies encourage the kids to become social thinkers through understanding different perspectives, problem solving, flexible thinking, and provides methods for changing their own thinking and behavior. Call the clinic to inquire about future sessions.



Resources:

<http://www.socialthinking.com/home>

SUPERFLEX: A Superhero Social Thinking Curriculum by Stephanie Madrigal and Michelle Garcia Winner © 2008 Think Social Publishing, Inc. San Jose, California



8200 Homer Drive
Suite F
Anchorage, Alaska 99518

Phone: (907) 345-0050
Fax: (907) 344-5103
www.allforkidsalaska.com

Reduce - Reuse - Recycle:

Before you throw it away...AFK can use it!

We need bubble wrap, child friendly magazines for crafts, books for ages 9-14, big white paper, any craft supplies, weighted blankets, children's DVDs, small TV, DVD player, therapy equipment, clothes/pants.

Many thanks to the Ness family, Rauckhorst family and Beagley family for their donations.

The All For Kids BUZZ!

Summer is here and the days are nice and long! Here is what keeps us BUZZING:

- Dana Pasol, OT/L is an occupational therapist and is also our new Clinical Operations Manager. She is very excited to be part of the All For Kids team!
- Tracey Blain, MSPT, CSCS is a physical therapist and is also our new Physical Therapy Supervisor. She is excited to be part of the All For Kids team and is looking forward to expanding our

physical therapy department.

- We would like to welcome Kalia Cook, OTR/L, who started in April, and Jamie Bleakley, OTR/L, who is starting in July.
- We are sad to say that Paul Calkin, OTR/L has left All For Kids and moved out of state. We

will miss him and wish him the best of luck in his new endeavors!

- As some of you already know, Leah Maenius, CCC-SLP, is expecting a baby girl in October! Congratulations Leah!
- All For Kids will again be hosting our Parent Education classes this fall. Please watch for additional details as they become available.
- All For Kids will be closed July 4th thru 6th in observance of Independence Day.

