

Peer-iodicals from the Heart



Welcome!

What we've been up to!

Hello and welcome to our Spring 2018 edition. We hope that you had a good start to the year and have some fun and exciting adventures planned in 2018.

In this edition, we will be highlighting our vacation camps, new staff members, recommended reading and our 5 minutes with two of the team. Also in the Kids Zone we have a simple 'Mind in a Jar' project for you and the kids, along with some fun facts.

Our Parent Info Nights have been a great success with a large attendance by parents and professionals. Keep checking our website for topics and to sign up and feel free to invite others. We also have some spaces left in our April vacation camps which will run the 17th, 18th, 19th and 20th. Check the website for full details.

Please like us on Facebook to follow what we are up to week to week.

Enjoy the read and Welcome Spring!



Linda Murphy
Mary Lou

Left: Linda Murphy M.S., CCC-SLP, CEIS
Right: Mary Lou Gagnon OTR/L

What's happening this quarter?

• At the beginning of December, we had our **Christmas party**. This is a great opportunity for us all to get together at one time and see members of the team that we don't see every day. There are a lot of us when put together and we had so much fun! A special thank you to Katie and her family for hosting us this year!



• It is that time of the year to start thinking of **summer vacation camps**. We will be holding our camp the weeks of July 9, 16 and 23. It will run on Tuesday, Wednesday and Thursday of each week from 8:30am – 12:30pm. The themes this year will be Animal Planet (wk 1), Mad Science and Magic (wk 2), and Outer Space and beyond (wk 3). Check our website for more details <http://www.peerprojectstherapyfromtheheart.com/summer-camp.html>

• We also plan to have a few **specialty camps** in August. These tentatively include Drama, Making Mistakes is Okay and Food Explorers.

• We would like to welcome a few new people to our team. **Toni Belschner** joined us as a Clinical Support Specialist in January of 2018. She graduated from Fisher Junior College and has over 30 years of administrative experience. **Allison Doucette**, aka Alli, began her career as an occupational therapy assistant in 2010. In 2011, she went back to school to pursue a Masters level education at Salem State University and received her Masters of Science in Occupational Therapy. **Kristin O'Connor** B.A., SLPA is a Speech Language Pathology Assistant. She received her Bachelor's degree in Communications with a concentration in Speech and Hearing Science at Rhode Island College. Kristin joined the team in October 2017.

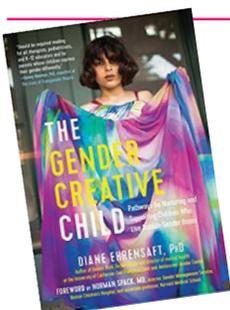


• Many congrats to **Lizz Ramirez** who is now a certified **RDI Consultant**. Relationship Development Intervention (RDI®) offers treatment programs for individuals and families that face Autism Spectrum Disorders and other developmental difficulties. It is often described as “the missing piece of the puzzle” in the treatment of ASD because instead of focusing on symptoms, the program works to activate the growth-seeking mindset that kids need to learn. Currently, Linda and Lizz are the only two RDI Consultants in Massachusetts!



To find out more about RDI visit <http://www.peerprojectstherapyfromtheheart.com/relationship-development-intervention-reg-rdi.html>

• We have recently created a **Pre-Vocational Program**. This program aims to help mentor and guide young future employees. We were thrilled to hire one of our clients after he eagerly applied for a job shortly after turning 14, and impressed Mary Lou and Linda in an interview! He will be helping out during the after-school hours.



The Gender Creative Child unlocks the door to a gender-expansive world, revealing pathways for positive change in our schools, our communities, and the world.

In this up-to-date, comprehensive resource, Dr. Diane Ehrensaft, author of the groundbreaking book, “Gender Born, Gender Made”, explains the interconnected effects of biology, nurture, and culture to explore why gender can be fluid, rather than binary.

KIDS ONLY ZONE!



Mind in a Jar

Purpose: Good for self-regulation and self-calming

What you will need

- Plastic bottle with cap
- Hot Water
- Glitter Glue
- Duct tape
- Extra Glitter (optional)
- Food Coloring (optional)
- Toys or objects (optional)

How to make it

- Half fill bottle with hot water then pour glitter glue into water and stir until glue is dissolved. Boiling water isn't necessary but you do want it hot so that the glue will dissolve rather than just clump.
- You can add extra glitter or food coloring at this stage. Fill the remaining bottle with water.
- Then duct tape the cap onto the bottle so that your kids can't open it. Enjoy!
- This is your basic Mind in a Jar. You can also make other sensory jars by adding objects like Legos, beads, pompoms, plastic animals/toys etc. There are endless options when it comes to creating these bottles with your kids.



Fun Facts!

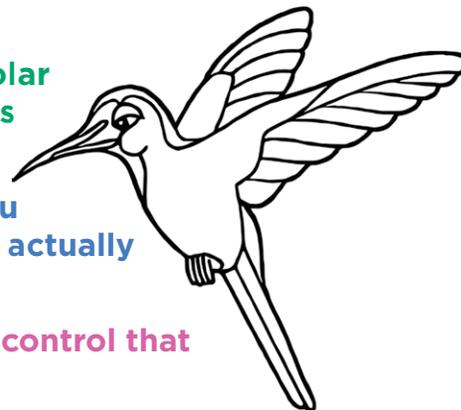
Unlike humans, sheep have four stomachs, each one helps them digest the food they eat.

Despite the white, fluffy appearance of Polar Bears' fur (which is transparent), it actually has black skin.

Mosquitoes can be annoying insects but did you know that it's only the female mosquito that actually bites humans.

Hummingbirds are so agile and have such good control that they can fly backwards.

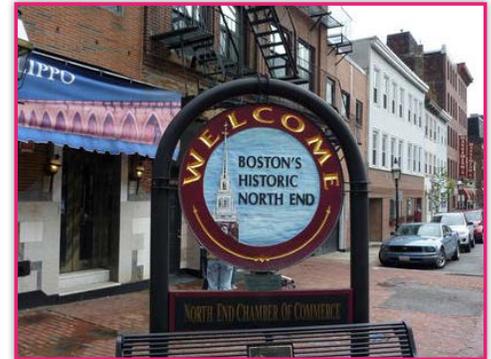
Instead of bones, sharks have a skeleton made from cartilage.



Episodic Memory By Linda K. Murphy MS, CCC-SLP

In part 1 of this four-part series in our last newsletter, we discussed the critical role that episodic memory plays in life and in developing social relationships. This second part of the series will discuss how to help your child develop and use episodic memory for the purpose of experience sharing.

One of the biggest shifts that social partners need to make in order to support a child with social communication difficulties to develop and access episodic memories is in their own communication. Often times when we are trying to help children access memories, we ask a lot of questions or use imperative statements: “Who did you play with at school today?” “What did you have for snack?” “Tell Daddy what movie we saw.” It goes on and on. We try so hard to get information. Sometimes we get it, sometimes we don’t, and even when we do get an answer to our question, we are not getting at what we truly want to know.



To read the rest of this article visit our website. <http://www.peerprojectstherapyfromtheheart.com/blog>

5 minutes with Meara Bransfield



Meara joined Peer Projects Therapy from the Heart as an Occupational Therapist in June 2016. She graduated from Quinnipiac University and has worked in a variety of pediatric settings including outpatient clinics and schools. Let’s find out a little more about Meara.

What is your favorite color? Blue

What is your favorite game? Monopoly

What is your favorite food? Anything put in front of me!!!

Where is the farthest place you have traveled? Ecuador and Ireland

Where would you like to visit? Australia, Hawaii, Iceland and Europe

What is your favorite TV show? Parks & Rec

What is your favorite movie? Stand By Me

Interesting fact: She has two older brothers and comes from Irish descent

5 minutes with Larissa Kortis



Larissa grew up on Cape Cod and is a graduate of Northeastern University but she did her undergraduate at the College of Wooster, Ohio. She joined Peer Projects Therapy from the Heart in June 2016 as a Speech Language Pathologist and has a special interest in areas of articulation, social skills/pragmatics, and language. Let’s find out a little more about Larissa.

What is your favorite color? Blue

What is your favorite game? Trivial Pursuit

What is your favorite food? Ice cream

Where is the farthest place you have traveled? Ireland and San Diego

Where would you like to visit? New Zealand & Scotland

What is your favorite TV show? Buffy the Vampire Slayer

What is your favorite movie? The Lord of the Rings

Interesting fact: She has 5 siblings and use to be a Scottish Dancer