

Peer-iodicals from the Heart



Welcome!

What we've been up to!

Hello and welcome to our Fall/Winter edition. We hope that you have all settled back in to the school/sports routines and that you are looking forward to a happy and healthy Holiday season.

We have recently started hosting onsite Early Childhood Screenings at some local schools such as Shore Country Day School in Beverly and Christ Church Parish Day School in Hamilton. These are both Speech/Language and OT screenings and we are thrilled to have the opportunity to provide this valuable service to our community. If you think your school/Pre-K would benefit from a visit please contact the office for more information.

In this edition, we will bring you our usual news items, introduce you to some more of our team and we have a fun Kids Zone with a holiday craft that can be shared with family and friends.

We hope you enjoy the read! Happy Holidays!



Linda Mary Lou

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

What's happening this quarter?

• We have added some new members to our team recently so please say hello if you meet them. **Brooke Belmont** joined the team this October after graduating from the University of New England with a master's degree in Occupational Therapy. Her pediatric experience is in a variety of settings including schools and outpatient clinics. **Sybille Sainclair** is a recent graduate from Bridgewater State University, receiving her Bachelor's Degree in Communication Disorders and later receiving her SLPA license. She also majored in Early Childhood Education at Northshore Community College and joined the team in October. **Jennelle Noll** graduated with a master's degree in Occupational Therapy from Salem State University in May 2018 and she also holds a bachelor's degree in Psychology & Sociology from the University of Massachusetts. Jennelle joined the team this Fall. **Elizabeth Beaton** joined the administrative team as a Prior Authorization Specialist this September. She has 10 years' experience in customer service as well as clinical experience as a phlebotomy/lab tech. She has a BA in English from the University of Massachusetts Boston. **Kelly Scott** is a Speech Language Pathologist Assistant. She received her bachelor's degree in Communication Disorders and a minor in Education from the University of Massachusetts Amherst in 2017. She has extensive experience working with children and joined the team in September! To read more about our new team members visit our website <http://www.peerprojectstherapyfromtheheart.com/the-team1.html>



• We recently spoke at a Marblehead Special Education Parent Advisory Council (SEPAC) meeting. If you are interested in us attending and speaking at your local SEPAC meeting please let us know.

• We have had some great excitement in the office recently as two of our team members announced their engagements. **John Chambers** got engaged to Rebecca Hardy, a Physical Therapist, on June 30th. They had been dating for three years and John chose the Goddard State Park in East Greenwich, RI to pop the question. They will tie the knot in front of family and friends on September 7th, 2019 at the Bill Miller Castle in CT. **Bryna Hart** got engaged to Daniel Silva, a Sales Rep, on their 2nd anniversary, October 1st. Danny chose the Crane Estate Castle as the setting and proposed on the beach by writing it in the sand. They plan on having a small intimate ceremony in October 2019. They like the idea of being in the woods somewhere with possibly a larger celebration on New Year's Eve.



• We are excited to run February and April school vacation camps again in 2019! We have a Reaction Size camp and an Improvisation Camp in the works and we will be adding more in the coming months. Keep an eye on our website for details in the New Year.

• Linda attended and presented at the 5th World Autism Organization Congress in Houston on November 13th. Her presentation focused on the use of declarative language as a powerful strategy for social learning.



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KIDS ONLY ZONE!



No cook Cinnamon Ornaments

This recipe is so simple to prepare, and the ornaments smell amazing! You can use them in your own home or give them as gifts to grandparents, aunts, uncles, neighbors and friends.

What you will need

- 1 cup of flour
- 1/2 cup of salt
- 1/2 cup of cinnamon
- 3/4 cup of very warm water
- Cookie cutters
- Wax paper
- String

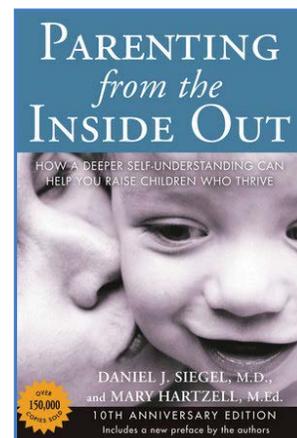
How to make them

- Combine all ingredients in a bowl and mix well.
- Once combined knead the dough with clean, dry hands. If the dough is a little sticky dust your hands with a bit of flour and knead. Your dough is now ready.
- Roll the dough on wax paper to prevent sticking.
- Use cookie cutters to make your ornaments but be sure to pierce a hole in the ornaments before leaving them to dry. It can be nice to also do handprints or fingerprints to cherish those little hands!
- Leave ornaments to dry for 24 hours. Once dry kids can embellish the ornaments using acrylic paint, or you can simply hang them from the tree as is.



Recommended Reading

In *Parenting from the Inside Out*, child psychiatrist Daniel J. Siegel, M.D., and early childhood expert Mary Hartzell, M.Ed., explore the extent to which our childhood experiences shape the way we parent. Drawing on stunning new findings in neurobiology and attachment research, they explain how interpersonal relationships directly impact the development of the brain, and offer parents a step-by-step approach to forming a deeper understanding of their own life stories, which will help them raise compassionate and resilient children.



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

This is part 3 of a 4-part series. The previous two parts were published in our Winter/Fall 2017 and Spring 2018 editions and if you want to catch up on those they are available on our website by following this link <http://www.peerprojectstherapyfromtheheart.com/blog>. In this third part, we will focus on helping kids use their episodic memory to become better problem solvers.

Any time we are faced with a difficult situation, or if something keeps us from doing what we are planning to do, we come to a crossroads. We think: What should I do next? What are my choices? How does one option compare to another? This can include big problems, such as what to do after losing a job, but it also comes into play in the small decisions we make day-to-day.

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



5 Minutes with Lizz Ramirez

Lizz is a certified RDI Consultant and has a BA majoring in Psychology and Sociology from the University of Mass.-Boston. She has extensive experience with young children diagnosed with Autism Spectrum Disorders. She joined the team in August 2016. Let's find out a little more about Lizz.



What is your favorite color? Pink

What is your favorite game? Hide & Seek

What is your favorite food? Chicken

Where is the farthest place you've traveled?

Colombia and Hawaii

Where would you like to visit? Bora Bora

What is your favorite TV show? Friends

What is your favorite movie? Finding Nemo

Interesting fact: She has volunteered for Special Olympics Swimming & Sailing for 11 years

5 Minutes with Michelle Rust

Michelle joined in 2014 and holds a degree in Psychology and OT. She has extensive experience from Ayurveda to Reiki and has completed training in Handwriting Without Tears and is certified in Mindful Educator Essentials. Let's find out a little more about Michelle.



What is your favorite color? Green

What is your favorite game? Charades

What is your favorite food? Sushi

Where is the farthest place you've traveled? England

Where would you like to visit? Saturn

What is your favorite TV show? American Ninja Warrior

What is your favorite movie? UP

Interesting fact: She was born in Texas on a military base.