

Peer-iodicals from the Heart



Some of the team members at Peer Projects Therapy from the Heart

Welcome!

Hello and welcome to the first edition of our Peer Projects Therapy from the Heart newsletter. This was something that we had wanted to bring to our families for some time and we are glad to see it finally in print.

We had a vision of introducing our expanding family to yours. While a lot of you know your own therapists very well and see them all the time, we felt that there are a lot of families coming and going in the office who might not know everyone. So we thought with the expansion of the office we would publish a newsletter to make it easier for you. This way you can get to know us a bit better while also catching up on some of our news.

Our biggest piece of news is that we have recently expanded our offices. We are at the same location but the office space has doubled in size. We now have 17 treatment rooms, 4 gyms, 3 kitchens, 2 quiet rooms and a very spacious reception area. The additional space allowed us to expand our gyms to four and our new gym equipment arrived in January to the excitement of all the team. The new equipment includes monkey bars, a rock climbing wall, a scooter board ramp and a steam roller. If you haven't been to the new office or want to check out the new gyms,

feel free to stop by and we would be happy to show you around.

We hope you enjoy the newsletter.



Linda Mary Lou

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

What's happening this quarter?



- In December we got the super news that Peer Projects was named in the Top 16 Speech Therapists in the Boston area by Expertise. Expertise independently reviewed 163 practices and scored each on reputation, credibility, experience, availability and professionalism. We were thrilled with the accolade, it is a huge tribute to our team and our commitment to our families.

- Social Thinking and Me is a kid's guidebook to Social Emotional Learning for grades 3-8. It was written by our own Linda Murphy and Michelle Garcia Winner, the founder of Social Thinking®.

Linda first contacted Social Thinking with her idea for the book in 2010, and collaborated with Michelle and her team on the two-book set. The books have a strong emphasis on social emotional learning, as opposed to "social skills" in isolation. One important goal of the book is to help kids laugh and feel good while learning concepts that may be difficult for them. They can also get lots of practice in what they are learning by using Book 2, Social Thinking and Me Thinksheets. In the Thinksheets book you may find example items that sound familiar! Linda used many of her own memories and personal experiences in groups to create real-life situations to reflect upon and discuss. The books are available to purchase at the office, at www.socialthinking.com/products and on Amazon. We also have several copies in the waiting room to look through and explore at your leisure!

- It's that time of the year to start thinking about Summer Camps. We will be holding our camp the weeks of July 11th, July 18th, and July 25th. It will run Tuesday, Wednesday and Thursday from 8:30 A.M. till 12:30 P.M. at our clinic. Registration forms are available on our website and in the office. Don't forget to check back often to see what we are planning for the Summer.

- We would like to welcome Sean Walsh as a permanent member of our team. Sean has been running two groups on Saturdays since September 2015 but joined our fulltime team as of January! He will continue to run groups as well as help out around the clinic in various ways. We are thrilled to have another male figure for our clients! (Matt Aubrey has been with us since June 2016).

- Apps are always useful learning tools and can also be a welcome distraction for both adults and children. Here are two that we are highlighting out of a long list on our website, 4pics1word and Rushhour. We recommend you ask your therapist for apps that are specific to your child's needs and strengths, but you can check out the longer list at www.peerprojectstherapyfromtheheart.com/apps

- Congratulations to our OT Deb Jaskey and her husband Andy on the arrival of their baby girl Isla Susan. Mother and baby are doing really well.

KIDS ONLY ZONE!



Word Search

ALLIGATOR
BEE
BIRD
CAT
COW
CROCODILE
DOG
DOLPHIN
DONKEY
DUCK

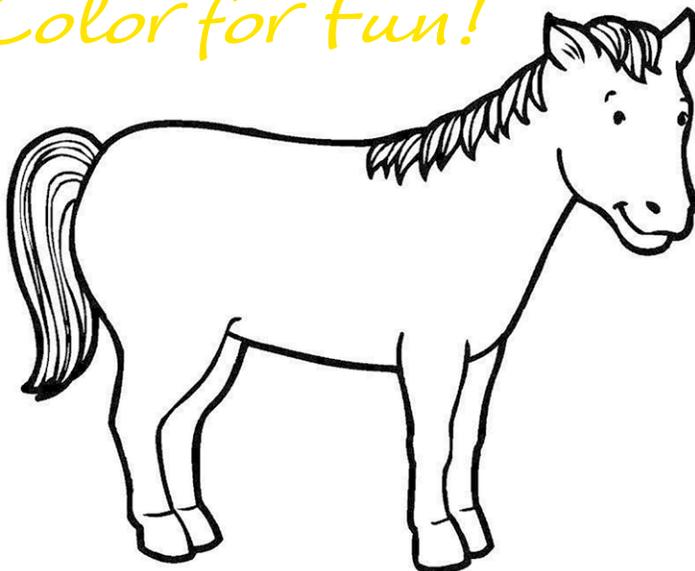
ELEPHANT
FROG
GIRAFFE
GORILLA
LION
MONKEY
MOUSE
RABBIT
RAT
TIGER

G B R Z G R J N L G Z H T F K Y S U
A I G A U N I P O C L D N B R T N S
L Z R E B H K R D S C O A A P O O V
L T L A P B I C R N R G H W O C G B
I W Y L F L I F E O O A P E S U O M
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R S Q T Y X U T I A L K D G D L O M
G U M R W X W Y G H E E E R R E K N
U S M O G R R A B A Q Y G D I R E E
U O F K H S Y R P C I H R A T B N A



Did you know? Even when a snake has its eyes closed, it can still see through its eyelids.
Did you know? Horses and cows sleep while standing up.
Did you know? The average housefly only lives for 2 or 3 weeks.

Color for Fun!



Tummy Time for All Ages by Mary Lou Gagnon OTR/L

As parents, we all are aware of the importance of tummy time for babies. We hear about how important it is to get babies out of carriers, baby seats, carriages and down on their bellies to play. Prone (on their bellies) positioning is important because it provides input throughout the upper extremities, core strengthening, flexibility in the chest for improved respiratory control, all while challenging, fine motor control of the hands and eyes. Research has demonstrated that prone positioning while awake appears to be associated with certain motor milestones achieved by infants. (Pediatric Phys Ther 2007; 19:48-55)

What we frequently don't think about is that tummy time or prone positioning is important throughout childhood and adulthood.

To read the rest of this article go to <http://www.peerprojectstherapyfromtheheart.com/blog>

5 minutes with Sue Savarese



Sue has a Masters in Speech Language Pathology from Emerson College, Boston. She has worked with Peer Projects Therapy from the Heart for almost three years but has over 22 years of experience. Let's find out a little more about Sue.

What is your favorite color? Blue

What is your favorite game? Boggle

What is your favorite food? Watermelon

Where is the furthest place you have traveled? Dublin, London and California

Where would you like to visit? Spain and Italy to experience their cultural differences and food

What is your favorite TV show? Frankie and Grace

What is your favorite movie? King of Hearts

Do you have a party trick? I play music.

5 minutes with Amanda Towne



Amanda is an Occupational Therapist and studied at Quinnipiac University in Connecticut. She is from New Hampshire and has worked with Peer Projects Therapy from the Heart for almost two years. Let's find out a little more about Amanda.

What is your favorite color? Teal

What is your favorite game? UNO

What is your favorite food? Any breakfast food!

Where is the furthest place you have traveled? Costa Rica

Where would you like to visit? Ireland

What is your favorite TV show? Friends

What is your favorite movie? Pride and Prejudice

Do you have a party trick? I can whistle with my tongue