

Peer-iodicals from the Heart



Welcome!

What we've been up to!

Hello and welcome to the Summer-Fall 2019 edition of our newsletter.

We have had a very busy Spring and Summer with new team members joining, camps in February, April and during the Summer and lots of exciting news amongst our team.

Fall will be just as busy with back to school programs, screenings at various local schools and a tailored professional development series, where we will focus on social learning challenges and learning through movement. If your school is interested in either screenings or a professional development series please contact us to discuss.

In this edition, we have lots for you to catch up on and lovely fall craft to do at home.

We hope you enjoy the read!



Mary Lou Linda

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

Our News

- We are thrilled to share the news that both Bryna and Lizz have welcomed their bundles of joy. **Rosie May Ramirez** was born on June 13th weighing 8lbs 4oz. **Elias Adam Silva** was born on May 22nd weighing 6lbs 13oz.



- We have lots of new additions to our team lately as we continue to expand and add more treatment options. **Hillary Perron** is an occupational therapist who recently graduated with her Master's degree in OT from the

University of New Hampshire. **Charlotte Bond** is a recent graduate of Northeastern University where she received her Master's in Speech Language Pathology. **Madison Barron** is an Occupational Therapist who graduated with her Master's from Worcester State University in December of 2018. **Sarah Birdsall** is a recent graduate from MGH Institute of Health Professions, where she gained her Masters in Speech Language Pathology. **Angela Corcoran** is an Occupational Therapy Assistant with over 20 years' experience and finds true benefits in utilizing a holistic approach. **Amanda Ranttila** graduated with her Master's Degree in Occupational Therapy from Boston University in May of 2016. **Carla McDonald** and **Emily Dodge** have also joined the team as Rehab aides. Check out our website for full biographies of our new team members.



- We have had two weddings and three engagements amongst our team. **Elizabeth Cross** got engaged to Wesley Woods on April 28th at Good Harbor Beach in Gloucester after dating for four years. Wesley is in Organizational Development and they plan to marry in Spring 2020. **Matt Aubrey** asked Brittney Lindsay to marry him on August 18th at Tangerini Farm's sunflower fields. She is studying to be an OTA and they don't have any wedding plans yet. **Hillary Perron** got engaged to Kyle Giunta, a Mechanical Engineer, on August 9th. They are thinking about getting married on

her parent's dairy farm in Glover, VT next summer! **John** & Rebecca tied the knot on September 7th at Bill Millers Castle, North Branford CT. They are going to honeymoon in Hawaii in November at Aulani Disney Resort. **Kristin** & Jake sealed the deal on July 27th at Colt State Park in Bristol, RI. Jake is studying Software Engineering at New England Institute of Technology and they are currently living in Newmarket, NH.

- We will be doing a **Holiday Toy Drive** for **Wellspring**. Be on the lookout in our waiting room area for a donation box for a new unwrapped toy in November.

- We are setting up a **Recycling Project** for the clinic led by our high school boys group. We will expand it soon to include the waiting room area so stayed tuned on how you can take part.



- Many of our team were honored at the **SEPAC Marblehead Awards** for Unsung Heroes. Congrats to Angela, Bryna, Heidi, Jil, Kristin, Lauren, Linda and Mary Lou.

KIDS ONLY ZONE!



Apple Stamping Pumpkin Craft

Supplies needed

- Apple, cut down the center
- Fall colored paper or card
- Orange paint
- Googly eyes
- Brown & green pipe cleaners
- Black & green sharpies (for Jack-O-Lantern option)
- Craft glue
- Pencil



How to make it

- Begin by cutting your apple in half. Using a small paint brush, dab some orange paint on one half of your apple. Carefully press down on the paper. Touch up any unpainted parts with your brush.
- While your painted pumpkins are drying gather your remaining supplies. Cut your brown pipe cleaners into small stem sizes and twist your green pipe cleaners around a pencil to create a curly leaf.
- Glue on your stem and curly leaf.
- Lastly attach the little googly eyes.
- If you decide you prefer to paint on "Jack-O-Lantern" use sharpies and be creative.



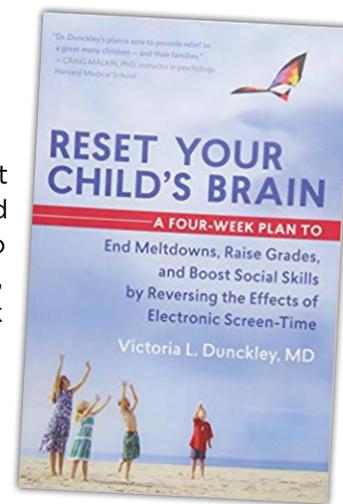
These are a fun craft for the home but can also be used as greeting cards for family and friends during the holidays.



Recommended Reading

Increasing numbers of parents grapple with children who are acting out without obvious reason. Revved up and irritable, many of these children are diagnosed with ADHD, bipolar illness, autism, or other disorders but don't respond well to treatment. Based on emerging scientific research and extensive clinical experience, integrative child psychiatrist Dr. Victoria Dunckley has pioneered a four-week program to treat the frequent underlying cause, Electronic Screen Syndrome (ESS).

Dr. Dunckley has found that everyday use of interactive screen devices can easily overstimulate a child's nervous system, triggering a variety of stubborn symptoms. In contrast, she's discovered that a strict electronic fast single-handedly improves mood, focus, sleep, and behavior, regardless of the child's diagnosis.



Why Family Routines are so Important

by Mary Lou Gagnon OTR/L

At this time of year, when the weather changes, and we head back to school and prepare for upcoming holidays, routines create a sense of predictability and stability for children (and parents!) This is the perfect time to work as a family to create routines and structure that will help all stay on track, reduce anxiety, and avoid conflict.

That being said, creating new routines and sticking to them is hard work! Conflict in the home is what makes many parents shy away from enforcing specific routines and structure. I encourage you to remain calm and logical, take lots of deep breaths in these challenging moments and model the behavior that you hope to see. Remind the child that you have faith in his or her ability and reassure him or her that you will help.

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



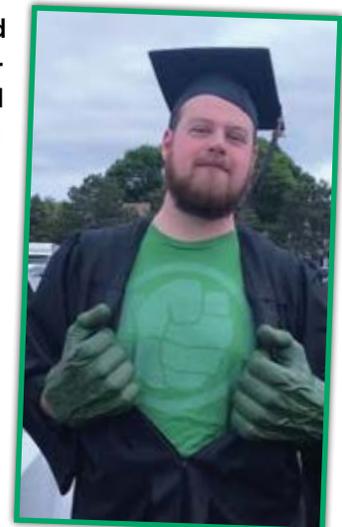
5 Minutes with Katie Vitas



Katie is a Speech Language Pathologist who graduated from Emerson College. She is a Certified Early Intervention Specialist and also holds a Certificate of Advanced Study in Reading from MGH Institute of Health Professionals. She lives in Boxford with her husband Zach and two very busy boys Ryder and Mason. Let's find out a little more about Katie.

What is your favorite color? Turquoise
What is your favorite game? Heads Up
What is your favorite food? Thanksgiving Dinner
Where is the farthest place you've traveled? She studied in Salamanca, Spain for 3.5 months and traveled all over Spain and Portugal
Where would you like to visit? Africa for a safari
What is your favorite TV show? American's Funniest Home Videos
What is your favorite movie? The Notebook, she loves a good love story
Interesting fact: She can make a 'three leaf clover' with her tongue and she met and took a picture with Screech from Saved by the Bell in NYC

5 Minutes with Matt Aubrey



Matt is a Certified and licensed Occupational Therapy Assistant who recently completed his Associates Degree at North Shore Community College. He also holds a Bachelor's Degree in Exercise Science from Salem State University. Matt has been with us three and a half years and is from Peabody, where he shares life with his parents, younger brother Tim, fiancée Brittney and dog Zeke. Let's find out a little more about Matt.

What is your favorite color? Blue
What is your favorite game? Uno
What is your favorite food? Steak
Where is the farthest place you've traveled? Eastern Caribbean Islands
Where would you like to visit? Greenland
What is your favorite TV show? Psych
What is your favorite movie? Despicable Me or anything Marvel
Interesting fact: In his opinion HULK is far and away the strongest Avenger