

2591 Compass Road • Glenview, IL 60026  
Phone: 847-729-6220 Fax: 847-729-1116  
www.pathwayscenter.org

**FAMILY NEWSLETTER**

October, 2010 Volume 7, Issue 2

**Important Dates:**

**OCTOBER:**

*Continuing Education Activities –*

- Yoga Therapy

**October 1-2**

- Mealtime Miseries

**October 8-9**

**NOVEMBER:**

- Thanksgiving

**Nov 25<sup>th</sup> and 26<sup>th</sup>**

**Center closed**

## October is Physical Therapy Month!!

**Physical therapists (PTs)** provide services to help **restore function, improve mobility, relieve pain and prevent or limit permanent physical disabilities.** They restore, maintain and promote overall fitness and health. Here at Pathways, our PTs see clients with a variety of congenital, neuromuscular and musculoskeletal conditions.

They **assess a variety of aspects that affect and determine a child's ability to be independent and safely participate** in activities within the home, school and community. In addition, pediatric **physical therapists assess how their interventions will best fit the needs of the child as well as the goals set by their families.**

## Maintaining Proper Vocal Hygiene

(adapted from information provided by Dr. Mark Gerber)



Our **vocal cords** consist of two small muscles located in the larynx, also referred to as the "voice box." When we talk, these vocal cords come together, and the air from our lungs is used to make the vocal folds vibrate. The vibration of the vocal cords, along with movements of the lips and tongue, is what produces sound.

**Vocal nodules** are callous-like bumps that can form on the vocal cords as a result of vocal abuse. These bumps do not allow the vocal cords to close completely during speech. This results in extra air escaping during speech, which makes the voice sound hoarse and breathy.

There are **numerous ways in which the vocal cords can be abused**, including excessive shouting, screaming, cheering, or crying; strained vocalizations (i.e. the sounds used to imitate animal noises and motors); excessive coughing and/or throat clearing; and talking on inhalation instead of exhalation.

Additional factors that may be associated with vocal nodules include chronic upper respiratory infections

and/or allergies and air pollution, including smoking.

**Vocal nodules are typically diagnosed** by an ear, nose and throat **specialist** (otolaryngologist), and **treatment includes voice therapy.** The **goals of voice therapy** include elimination of the cause(s) of vocal nodules and teaching efficient, proper use of the voice. Surgical removal of the nodules may be warranted.

Some **strategies** to aid with **improved vocal hygiene** include

- No screaming, yelling or shouting
- Use of a moderate speech volume at all times (whispering can also be detrimental)
- Requiring a child to walk to where he can be heard instead of yelling
- Avoiding making motor sounds and animal sounds

For **specific concerns** related to the quality of your child's voice, please **contact** one of our speech-language pathologists.

### 2010 Staff Pumpkin Contest

It's Fall and that means Pathways Center Staff No Carve Pumpkin Contest is getting underway. Randomly selected staff teams will transform ordinary pumpkins into something extraordinary! Pumpkins will be on display beginning the week of October 18<sup>th</sup>. Client families will have the opportunity to vote for their favorite pumpkin creation through October 27<sup>th</sup> – one vote per each family member.

*Come vote for your favorite pumpkin!*



Last year's winner - Slink



## Let's Work Together to Stay Healthy

### Therapy Tip of the Month

Research shows that **children involved in regular physical activities perform better academically**, have **higher self-esteem**, **develop motor skills more quickly**, and tend to have **fewer behavioral problems**.

Try these healthy lifestyle tips!

- **Walk** whenever possible
- **Ride** bikes/tricycles as a family
- Take stuffed animals on a **wagon** ride
- **Walk pets** as a daily family chore
- Do a **competitive run/walk as a family**
- Encourage **team sport participation**
- **Volunteer** for **projects** that involve home repair or yard work

### Home and School October Tip

**Is your child's IEP fully in place?**

**Yes?** – How does it seem to be going?

**No?** – Check with your child's case manager ... find out why not.

Ask when all the components will be implemented.



The cold and flu season is coming. It is important for all of us to **apply common sense health habits**.

Here at **Pathways** we practice good health measures including **regular hand washing, toy cleaning and surface wiping**.

We would like to offer the following guidelines to PC families. **Please do not bring your child to therapy if he/she**

- has been running a fever in the past 24 hours

### Reduce your risk of catching a cold or the flu

Focus on all of those pretty colored foods! **Eating fruits and vegetables** that are high in vitamin C can help keep your immune system strong. These food choices also contain vitamins A and E and flavonoids that work along with vitamin C to keep your whole body healthy. Foods provide better nutritional value than dietary supplements. They taste better, too!

Nutritionists recommend **at least five servings of fruits and vegetables every day**. **Mix up the different colors** to get the most variety of nutrients. One way to increase your intake is to incorporate juice into your diet. Make sure you choose 100% juice. Watch out for the juice drinks that contain extra sugar and/or empty calories. While fresh fruits and vegetables are available throughout the year, prices tend to increase in the winter months. Frozen fruits and vegetables are healthy and economical alternatives.

Don't forget to **maintain a balanced diet**. **Choose other healthy foods** such as lean meats, fish, poultry, low-fat dairy,

- has been diagnosed with a bacterial infection and has not been on an antibiotic for at least 24 hours;

- has vomited or has had diarrhea during the night or in the morning

- has excessive coughing or sneezing

- has colored discharge from the nose

Attached is a **handout** on the **importance of hand washing**. If you have any questions, please feel free to contact us.



legumes, whole grains, nuts and seeds. Remember, too, that **drinking fluids throughout the day is important** to keep your body hydrated.

#### Sleep Counts, Too

While a good diet helps keep your immune system strong, don't forget that **your body needs sleep**. Children ages 5-12 should be getting 9-11 hours of sleep each night. Catching up on missed sleep over the weekend doesn't really replace the restorative value of regular, nightly sleep.

#### Move!

Exercise and physical activity will also help your body stay healthy. When it becomes too cold to play outside:

- Consider active indoor games like Wii, Dance Dance Revolution, hacky sack, bean bag toss or badminton.

- Visit indoor activity centers or park district open gym times. Many faith community centers have areas that can serve as indoor play areas.

- Turn your garage area into an indoor play center a few times a week for riding toys, playing catch, jump roping, etc.

### Come visit our booth – Fall Business Festival



On October 13th the **Glenview Chamber of Commerce** is sponsoring a **Fall Business Festival**. Chamber members will display their wares and information.

The Festival, to be held at the **Glenview Park Center – Lakeview Room**, is **open to the public at no charge** from 5:30 p.m. – 7:00 p.m. **Stop by and visit Pathways' booth!**