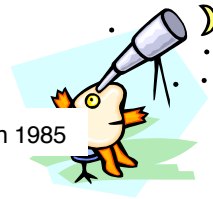




Founded in 1985



## 2008 Year in Review

2008 has been an exciting and innovative year for Pathways Center! Our staff has participated in many advanced learning opportunities, developed creative ways to deliver therapy services, and refined our use of technology in the clinic.

### Elizabeth Morse Technology Play Lab

A highlight of our year was **The Elizabeth Morse Charitable Trust** generous sponsorship of our new **Technology Play Lab**. We are very excited about the impact the Play Lab will have on advancing balance, strength and postural control, play skills and language development for our clients. The intent of the Elizabeth Morse Technology Play Lab is to use technology in conjunction with physical, occupational and speech therapy to accelerate goal attainment, leading to higher levels of participation with our clients and technology. We are seeing increased opportunities for clients to partner while playing interactive games in an atmosphere of learning and turn taking. Pathways Center is very grateful to The Elizabeth Morse Charitable Trust for recognizing the potential of the Play Lab concept and the positive effect it will have on our clients.

### Therapy Department Highlights

This year our **Occupational Therapy** department has focused on putting together group programming for our clients. Weekly group programs have centered on improving handwriting skills for our school age clients and a sensory-based program to help teach clients how to self-regulate their activity levels whether at home or in their community. These programs were successful and are expected to return again.



The **Physical Therapy** department invited several vendors and community groups to share their expertise and services with our client families through on-site clinics this year. We partnered with orthotists from Sure Steps to provide evaluations, select and fit orthotics and coordinate ongoing follow-up care. A bike clinic was organized in the spring for clients to try out a variety of adapted therapeutic bikes provided by Creative Mobility, an innovative company located in St. Charles, IL. Representatives from Great Lakes Adapted Sports Association (GLASA) visited for a day to share information and encourage children and teens to participate in their adapted sports programs for individuals with primary physical impairments.

The **Speech Therapy** department continues to develop current treatment ideas and strategies for the variety of clients that we see. Additionally, we have compiled a Parent Resource Binder for family friendly educational handouts on speech-language and feeding development including typical development, red flags, and strategies to use at home. In addition, we developed a staff resource for Internet websites containing information regarding speech language pathology for parent education, therapy material development, games, and clinical education/problem solving. The initial treatment phase of a current client for a single subject case study was started in the fall of 2008 with plans to continue this study into 2009. We have also purchased the curriculum for the development of a PALSS (Practice and Learn Social Skills) group and have plans in progress to begin a social skills group in 2009.



## Projects and Programs

As always, Pathways Center continues to expand on project and program offerings ensuring state of the art therapy for our clients.


**Through generous grant donations**, Pathways purchased many **new equipment items** that have **enhanced our therapy sessions**. A large climbing wall was installed. Fitness equipment was updated and expanded. Virtual reality gaming systems were introduced as an innovative way to work on training strength, endurance, posture, balance, coordination, social and language skills. Software was procured to allow therapists to more easily design customized home exercise programs. **Therapy rooms were re-organized to encourage greater multidisciplinary utilization and collaboration** towards achieving a child's therapy goals.

**Aquatic Therapy Program** -The **Aquatic Therapy program** proved to be popular again this summer. Twenty children and young adults benefited from exercising in the pool during individual and group based therapy sessions. **Stay tuned for sign-up in summer 2009!**



**Video Documentation Intensive** - Pathways Center gathered **video documentation** of many clients during their therapy sessions on a semi-annual basis. Each child was filmed performing activities related to his/her therapy goals in order to chronicle achievements.

**NDT and Adeli Suit Program** -In addition to ongoing evaluation and therapy services, the **Intensive NDT and Adeli Suit Program** coordinated by Daisy Tan, PT has been well attended by Pathways clients and those from outside our facility. Since first launching the program in summer 2005, we have offered various models of the program throughout the year. Programs have been established based on evaluation of the specific needs of the child and family. Individualized programs have ranged from 2-5 days a week, for a total of 4-6 weeks. Therapy has been provided from 1.25 up to 4 hours per day. The ongoing program is staffed by Daisy Tan, PT; Cory Culhane, PT; Ronna DeKoven, OTR/L; Angelica Barraza, OTR/L; and Mark Coman, Physical Therapist Aide. **2008 was busy with 5 clients participating in the program 1-2 times during the year and scheduling for 2009 is underway.** For information on the Adeli Suit program, please contact Daisy Tan (847-510-5642).

*Intensive Therapy Program* | NDT & ADELI SUIT 



**Interactive Metronome Program** - IM is a computer-based technology that enables kids to directly exercise and improve the processes of motor planning and sequencing. IM combines the computer, metronome, gross motor

movements, and familiar sounds. For more information please go to [www.interactivemetronome.com](http://www.interactivemetronome.com). At Pathways, contact Jacque Jensen (847-510-5663) with any questions.

## Continuing Education and Mentoring



During the last year, our **therapists** attended a number of continuing education classes this year. The course topics included: Apraxia of Speech, Phonological Processes, Using Sensory Integration for Speech Pathology, Autism, Oral Motor Feeding Disorders, Therapeutic Applications Using the Swiss Ball, Yoga for the Child with Developmental Challenges, Assessment and Treatment Intervention of Muscular Torticollis and Deformational Plagiocephaly, Interactive Metronome, Sensory Integration and Sensory Diets, Neurodevelopmental Treatment and

Assessment in Infants, Hand Evaluation and Treatment, Posture, DIR/Floortime methods, Therapeutic Listening, and EMG triggered stimulation. Speech therapists also attended the American Speech Language and Hearing Association National Convention. Additionally, one of our OT staff is currently on a four-month sabbatical learning about sensory integration theory and its clinical use.

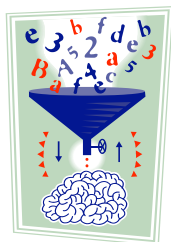
**Mentoring** - Pathways Center believes that a highly trained staff is directly correlated to ongoing mentoring. Therefore, Pathways Center dedicates a minimum of two hours per week to in-service and mentoring of our staff. A variety of learning activities are implemented including case discussion, learning new handling techniques in movement labs and invited speakers. Our mentoring and in-service encompasses segmentation by group and discipline, to ensure a broad range of topics and techniques are covered.



As a commitment to future professionals, Pathways Center therapy staff provided formal clinical instruction for three physical therapy students, one occupational therapy student and one speech therapy student during 2008. In addition, potential physical therapy candidates and **visiting international therapists logged over 125 hours observing our skilled therapists** during client treatment sessions.

## Research Highlights


**Research at Pathways continues to flourish in line with our commitment towards providing care that is based on the best available evidence.** We collaborate with clinicians, scholars and innovators to develop projects that will add to the body of knowledge and techniques currently available to pediatric therapists. Therapists collect data in conjunction with our research department to assist in determining best practice during therapy sessions.



**Pathways Center Institutional Review Board (IRB) continues working to ensure that all research is conducted properly and ensuring participants' safety.** Pathways IRB meets regularly to discuss the status of ongoing projects and to approve new research initiatives. Recently, IRB gave approval to a new project that evaluates the effectiveness of intensive therapy programs. **The aim was to understand the effects of intensive training on motor skills and overall function.**

A **manuscript** that describes the work done with the Physical Therapy Department to analyze and interpret data from a **Strengthening and Conditioning Program** for individuals with Cerebral Palsy is under peer- review for **publication**.

Pathways **implemented a research project to evaluate the effectiveness of a combined ADELI suit and Neuro-Developmental Treatment (NDT) program.** Data was collected and analyzed and a **paper was submitted** to a professional peer-reviewed journal.

*Intensive Therapy Program* | NDT & ADELI SUIT 

Pathways Research department conducts a journal club every 6 weeks for all therapists at Pathways Center. The purpose of the journal club is to keep current with concepts and skills/techniques in pediatric rehabilitation, perform critical appraisal of articles that impact clinical practice, and foster the development of skills necessary for evidence-based practice. Currently, clinicians are using the journal club to develop summer or intensive programs, develop treatment programs with current technologies available at Pathways Center, and review outcome measures which can be used to track functional progress of clients.

Several occupational therapists have been involved in collecting data in conjunction with our research department to assist in determining best practice during therapy sessions. Therapists assisted in obtaining data during intensive therapy programs for possible future case studies.

## Community Outreach/Awareness

Pathways continues to expand its reach and awareness in the community through a variety of initiatives.

- **Pathways Center hosted its first Holiday Shopping Open House.** Pathways featured ten vendors who donated a portion of their sales to Pathways Center. During the event, tours of the Center were provided.
- Pathways Center **featured a float in Glenview's Holiday in the Park and Parade**, held November 29<sup>th</sup>. Clients from Pathways Center were invited to participate in the Parade and float decoration.
- Pathways continues to **participate in the Glenview Chamber of Commerce Home Hugger Program.** New residents of Glenview receive a monthly mailing that includes a "Welcome to Glenview" letter, Pathways Center brochure, and Pathways Awareness brochure.
- Pathways Center participated in a **Joint Chamber Networking Breakfast.** The event featured members from nine different Chambers of Commerce. The members represented were given an opportunity to discuss their organizations. It was a wonderful networking opportunity.
- In October, 2008, Pathways Center **participated in the Glenview Chamber of Commerce Fall Business Festival** at the Park Center in Glenview. We were one of 40 exhibitors. The event was open to the public, and it was a nice way to get our name out to the local community.



## Fund Raising Efforts/Grants

Pathways Center hosted its 4th Annual Walkathon on May 20th, which raised close to **\$30,000** to support Pathways Center programs and operations. For 2009 the Walkathon will include a 5K run, the course will be certified by the USATF. Mark your calendar for the **2009 Walkathon, which will be held on Saturday June 6, 2009.**



In 2008, Pathways would like to thank the following for supporting our programs:

- **George M. Eisenberg Foundation for Charities** for general operating
- **Daniel F. and Ada L. Rice Foundation** for general operating
- **Helen Brach Foundation** to replace, upgrade and /or expand our current assessment and therapy tools
- **The Elizabeth Morse Charitable Trust Fund** for the purchase of technology based equipment for our new **Pathways Center Technology Play Lab.**
- **Pearson Scott Foresman** in Glenview to underwrite the cost of our new Family Resource Manual, which is in development
- **Dr. Scholl Foundation** for the purchase of new evaluation and assessment tools
- **Morton Grove Foundation** for a dance class

We continue to work with **Pearson Scott Foresman**, to finalize the **Family Resource Manual.** This resource will allow parents to **keep all of their important Pathways information in one central place.** The manual will also contain a variety of fun and useful information and will allow for personalization by the family and clients. **Distribution is targeted for spring 2009.**

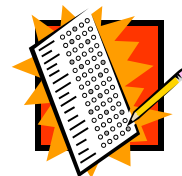
Pathways Center continues to be aggressive in **seeking funding support** from a variety of foundations to support general operating expenses, programs, equipment and new technologies.

## Highlights from Pathways Awareness (our sister organization)



**Pathways Awareness** spent the past year expanding our efforts to reach a national audience with our important message of early detection and early intervention for babies and children with motor and sensory issues. Here are some of this year's highlights...

In cooperation with the American Physical Therapy Association (APTA) and the Neuro-Developmental Treatment Association (NDTA), **Pathways conducted a national survey** of over 400 pediatric therapists. Two-thirds of the survey respondents reported seeing an increase in early motor delays in infants, confirming a trend that many therapists had been noticing for years. Survey respondents also named a lack of "tummy time" as the main contributing factor to this increase.



Building on the success of this survey, **Pathways made an aggressive push to educate parents and caregivers about tummy time, hoping to combat the rise in early motor delays.** Using standards set by the Pathways Medical Round Table, **Pathways created Baby's First Workout**, a series of simple activities that can be done at home to help even the youngest babies strengthen their neck, shoulder and trunk muscles. More information on Baby's First Workout can be found at <http://www.pathwaysawareness.org/?q=node/329>

Baby's First Workout was the subject of a June 30 headline story in USA Today ([http://www.usatoday.com/news/health/2008-06-29-baby-workout\\_N.htm](http://www.usatoday.com/news/health/2008-06-29-baby-workout_N.htm)) and also appeared in United Press International. Chicago's own WGN ran story on Baby's First Workout, featuring Gay Girolami, Pathways Center's Executive Director. The results of the survey and Baby's First Workout garnered over thirty media appearances in total.

Pictures of the same child at six, nine and eleven months were posted on <http://pathwaysawareness.org/>, along with explanations for professionals and for parents. These **photos represent some of the first examples of widely available, tangible proof of the efficacy of pediatric therapy for even the youngest clients.**

Pathways **exhibited at 13 national conferences** this year, personally connecting with thousands of medical professionals including pediatricians, family practitioners, nurses, therapists, early childhood educators, as well as parents to spread the message of the importance of early detection.

**The Pathways Awareness Open Hearts, Open Minds, Open Doors program** assists congregations of all denominations to include members of all abilities in worship, ministries, religious education and leadership roles. This mission is carried out through:

- The *Open Hearts, Open Minds, Open Doors* DVD and Idea Guide and *The Vulnerable Journey* DVD by Father Henri Nouwen
- The website, [www.inclusioninworship.org](http://www.inclusioninworship.org), with resources and materials to help congregations welcome and include members of all abilities
- The annual Chicago area and national Open Hearts and Junior Open Hearts Awards cash grants recognizing outstanding congregational inclusion efforts
- The annual Inclusion Awareness Day event celebrated in congregations to raise awareness to the need to intentionally include worshippers of all abilities every day of the year
- A volunteer inclusion representative program that can be replicated by congregations of all denominations to keep access and inclusion in the forefront of congregational life.



*CREATING ACCESS AND  
INCLUSION IN WORSHIP*

Here are some of this year's highlights:

Pathways Awareness recognized the inclusion efforts of eleven congregations with the **2008 Open Hearts Awards and Junior Open Hearts Awards**. Cash grants of up to \$1,000 were awarded to the congregations for the purpose of expanding their inclusion efforts. This year the national awards program recognized congregations in Bethesda, Maryland, Cubero New Mexico, Seboyeta, New Mexico, Metairie, Louisiana, Ontario, New York and Quincy, Illinois. Five Chicago area congregations were honored. One hundred and twenty six congregations have been honored with over \$90,000 in cash grants since the Open Hearts Awards were inaugurated in 1998. Nomination forms are available at [www.inclusioninworship.org](http://www.inclusioninworship.org). Deadline for nominations is August 1 each year.



Congregations in the Chicago area celebrated **Inclusion Awareness Day** on September 28, 2008 and on alternate dates this fall. The goal is to raise awareness to the gifts worshippers with disabilities bring to congregations if accommodations are provided every day of the year.

Inclusion Awareness Day Workbooks for **Jewish, Protestant and Episcopal Faith Communities** are available on the website, [www.inclusioninworship.org](http://www.inclusioninworship.org). The 2008 Inclusion Awareness Day Workbook for Catholic parishes was created and distributed to volunteer inclusion representatives in the Roman Catholic Archdiocese of Chicago and posted on the [www.inclusioninworship.org](http://www.inclusioninworship.org) website in August. An Inclusion Awareness Day Workbook for **Eastern Orthodox parishes** was drafted and used by the parishes celebrating Inclusion Awareness Day in the Greek Orthodox Metropolis of Chicago this year.

Under the leadership of Pathways Center parent, Eleni Patos, two parishes in the **Greek Orthodox Metropolis of Chicago** celebrated Inclusion Awareness Day on October 26, and Dec. 7, 2008. Volunteers made white ribbons and program booklets explaining the day and distributed them to worshippers. Parishioners with disabilities were invited to speak at Divine Liturgy. Sign language interpreters were provided and receptions after services featured inclusive children's activities and distribution of the booklet *The Body of Christ: A Place of Welcome for People with Disabilities* by Father John Chryssavgis. The events raised awareness to the need for accommodating parishioners of all abilities in the Greek Orthodox Metropolis of Chicago. Next year a Metropolis wide observance of Inclusion Awareness Day is planned. His Eminence Iakovos will write a letter of support and the Philoptochos Women's Group will spearhead Inclusion Awareness Day activities in parishes.



In the **Roman Catholic Archdiocese of Chicago**, Cardinal Francis George wrote a letter of support inviting all parishes to participate in Inclusion Awareness Day on September 28, 2008. Under the leadership of parish inclusion representatives, congregations planned special liturgies, personal reflections about inclusion from worshippers with disabilities, homilies on inclusion and bulletin articles to raise awareness to the gifts received when worshippers of all abilities are intentionally included everyday of the year.

**October 11, 2009 is designated as Inclusion Awareness Day next year.** Visit [http://www.inclusioninworship.org/open\\_awareness\\_day.php](http://www.inclusioninworship.org/open_awareness_day.php) or call (800) 955-2445 for information about celebrating Inclusion Awareness Day at your house of faith.

Recruitment of **volunteer inclusion representatives** in parishes of the Roman Catholic Archdiocese of Chicago continues with 199 volunteers serving in 167 parishes. Three regional training meetings were conducted in 2008 for volunteer inclusion representatives. Meeting dates were: May 14, June 5 and November 14, 2008. The November 14 meeting was a panel presentation "That All May Worship, Creating the Inclusive Community" in cooperation with Catholic Theological Union, Chicago, the largest school of theology in the US. Seminarians and lay ministry students were invited to attend along with inclusion reps from parishes in the Roman Catholic Archdiocese of Chicago. Seven panelists who happen to have disabilities shared their

stories of membership in faith communities and led small group discussions about providing accommodations so that all may worship.

For information on starting a volunteer inclusion program or volunteering as an inclusion representative, visit [http://www.inclusioninworship.org/open\\_representative.php](http://www.inclusioninworship.org/open_representative.php) or call (800) 955-2445.

The Pathways Awareness Open Hearts, Open Minds, Open Doors program distributed information, staffed **exhibit booths** and conducted **workshops** at eleven events in the Chicago area during 2008. Let us know if you have a meeting or event where the Pathways Awareness Open Hearts, Open Minds, Open Doors program could exhibit or provide materials for distribution! Call (800) 955-2445 or email [friends@pathwaysawareness.org](mailto:friends@pathwaysawareness.org).

### **Volunteer Program Keeps Inclusion In the Forefront of Congregational Life**

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### **Pathways Spreads the Word About Inclusion In Worship**

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