



California Children Services (CCS) Medical Therapy Unit (MTU) Newsletter



**San Bernardino
County
Department Of
Public Health
CCS**

Volume 2, Issue 1

September- November
2011

Inside this issue:

"A Tale Of Two Gardens"	2
Interview with Dr. Hurley	3
Beyond Basics- Skills For Life	4
What Does "Transition" mean to CCS/MTU	5
Upcoming Events	6/7

EDITOR:

Laura McLaughlin, MSW

Many Thanks For Your Contributions:

Judy Vigil-Montaño,
Gus Atwell and His MTU
Helpers, Dr. Mary Hurley,
and Cathy Brown.

Thank you for your Support!

Manal Kassab and
Ken Adams

Please note: If you would like an
electronic copy of this publication
please email me:

lmclaughlin@dph.sbcounty.gov

Fall Issue 2011

Welcome

New MTU Staff Members!

Katie Adamiak-Pellow, Pediatric Rehab Therapist @ Siegrist MTU
Jolene Griep, Pediatric Rehab Therapist @ Ontario MTU



Medical Therapy Units are Closed:

September 5th -Labor Day
October 10th -Columbus Day
October 13th -R & I Meeting
November 11th- Veterans Day
November 24th /25th—Thanksgiving Break



Please, fill out the Patient/Family
Comment Cards and place them in the
blue boxes that are located in the
waiting areas of all our MTU's. We
really do want your feedback so that
we can be responsive to your needs.

Thank you!
Your MTU Staff

California Children Services Medical Therapy Units

Manal Kassab, MA, OTR, Supervising Therapist

Carmack MTU, (909) 880-6611, Sherylle Martin, OTR, Unit Supervisor
Colton MTU, (909) 433-4752, Scott Medlin, PT, Unit Supervisor
Fontana MTU, (909) 357-5900, Nivin Ghattas, OTR, Unit Supervisor
Montclair MTU, (909) 445-1665, Angie Atkins, OTR, Unit Supervisor
Ontario MTU, (909) 459-2861, Michelle Morris, PT, Unit Supervisor
Redlands MTU, (909) 307-2441, Elaine Bauman, OTR, Unit Supervisor
Siegrist/Barstow MTU, (760) 244-7999, Marleah Moore, PT, Unit Supervisor
Yucca Mesa MTU, (760) 369-6315, Gus Atwell, PT, Unit Supervisor



"A Tale of Two Gardens!"

By Gus Atwell, PT,

Yucca Mesa MTU Supervisor



"CORN, TOMATOES and SQUASH, OH MY!!!"

Eight year old Crystal Alvarez invited Tammie Viehmann, her OT; Anna Ertl, Rehab Aid and myself to see what her mom calls her "Workout Garden ". How could we resist? We stopped at her home and, sure enough, in her front yard was a lovely garden with corn, tomatoes, squash, and peppers all growing abundantly. Crystal told us her



family all helped turning the soil, planting the seeds, and watering.

Now they have a beautiful and bountiful garden. Crystal said it was a lot of work but the results are delicious. She says you have to be "very careful" and "use your balance" when stepping over the plants so as not to "squish" them. Her mom chimed in that Crystal gets a good workout, hoeing weeds and stretching while harvesting the vegetables!

CABBAGE COMMANDOS

In July, Von Gordon, Wyatt Tilford and Jada Perricone , all 5 years old and all starting Kindergarten this Fall, were called in to help rescue 30 cabbages! Wyatt and I were walking by the school garden and what do you know? There were a bunch of cabbages wilting in the hot desert sun! They had been planted in the spring by Miss Susan Rucker's 3rd grade class, and then in the Summer session Miss Cessie Willin's students treated those cabbages to daily water! However now, with no classes in session, those cabbages needed attention. So those kiddos, Wyatt, Jada & Von, took turns over the summer break during their therapy sessions, hoeing weeds, mulching and watering those thirsty cabbages!! While leaning on his rake one day after hoeing a particularly tough weed, Von looked at me and said, "You know Gus, I don't really like cabbage to eat !!! but they are fun to watch grow!!"

Thanks kids, and won't Miss Rucker's former students be surprised to see how well their cabbages did over the Summer?!!



Interview with Dr. Mary Hurley, Pediatric Orthopedist for CCS

By Laura McLaughlin, MSW

I met recently with Dr. Mary Hurley at the Redlands Medical Therapy Unit (MTU). She graciously took time out of her busy schedule to sit down with me. Dr. Hurley has been practicing medicine for 20 years and has been working with our CCS children and families for the same amount of time. When I asked her what drew her to choose Orthopedic Surgery with a specialty in Pediatrics, she laughed and said she “came to Medicine late”. She was a wife and a mom when she began working with differently-abled kids in a group home, then became a supervisor and finally a manager. She really felt drawn to these wonderful kids and eventually became a legislative advocate in Colorado. She says, in that environment, she observed that when the doctors asked for something they usually got it. That was when she decided to go into medicine and make a difference for this population. She reports that she is a member of the AAOS, American Academy of Orthopedic Surgeons; the POSNA, Pediatric Orthopedic Society of North America; and the AAP, American Academy of Pediatrics which all enable her to work on achieving her goal of advocating for making the medical treatment of all children better.

When she first started Medical General Practice Physician but she then Pediatric Orthopedics and she working with the kids. She has twenty years and she reports that been able to advocate for her little for the better.

When asked what advice she she listed five things that she of yourself and nurture your family

the community, support groups, other parents and your local church, if you are spiritual. Thirdly, educate yourself about your child’s condition. Fourth, set reasonable goals. It takes a long time to accept and adjust to your child’s diagnosis and changes in your life. Lastly, she says, give yourself a break, take time for you, have fun and accept offers of help. She says she tells parents if you don’t do these things you are no help to anyone.

I asked Dr. Hurley what has changed the most since she began seeing CCS patients. She says one of the most positive things she can say about what has changed since she began practicing medicine, and orthopedics in particular, is the advent of better diagnostic tools, new technology and Botox.

Dr. Hurley and her husband (who has been retired for 5 years) have 4 grandchildren and live in a restored Victorian home with a beautiful vegetable garden that she loves to tend. She also shares that she is into “animal rescue”, and she’s not kidding! She has three horses, two wild burros, five llamas and a rescued schnauzer. Dr. Hurley and her husband also like to travel and she volunteers to treat those in need overseas. Last year they traveled to Cuba and next year, she reports, they are going to Haiti to offer medical care.

She also shared with me that she is a fiber artist and a member of the Inland Empire Handweavers Guild. She creates items by knitting, crocheting, weaving and spinning. Dr. Hurley says that she can’t wait to use the yarn from her newly rescued llamas!

Finally, I asked Dr. Hurley what is the most rewarding thing about working with our CCS patients. Without hesitation, she says she loves to see the progress they make and help the families and therapists meet the goals that they have set. Her favorite thing is watching the kids grow up to meet their full potential. Thank you, Dr. Hurley for your many years of service and commitment to CCS!



School she thought she would be a did a rotation in Orthopedics and was hooked. She says she loved been with the Kaiser System for especially in the last 15 years she has patients and has really seen change

would give to parents/caregivers would recommend. First, take care relationships. Secondly, reach out to

INTRODUCING!

Our new

"BEYOND BASICS - SKILLS FOR LIFE":

Teen Advanced ADLs Group!

San Bernardino CCS Medical Therapy Units (MTU) will be starting an Occupational Therapy Group for teenagers which will meet once a week for six weeks. Our purpose is to help our older adolescents become more self-sufficient in advanced activities of daily living. For example: Module One will cover Meal Preparation and Module Two will include Clothing Care (laundry skills). "BEYOND BASICS - SKILLS FOR LIFE" is part of our CCS services designed to help parents and teenagers begin the transition from child to adult by teaching them skills and introducing ideas that can help develop more self-sufficiency. This Module series of six sessions is considered short-term direct Occupational Therapy. Each session builds on skills needed to complete the finished project, so... consistent attendance is necessary.



The first two MTUs to pilot this Module series will be Colton and Fontana this fall. Parents or teens can contact their local MTU to let us know of their interest. Invitation Letters will be sent out from the MTU when a new Module is coming up. If you get a letter be sure to call in with your RSVP right away! These groups are on a first come, first served basis because our first two MTU groups are limited to six participants (due to the small size of our MTU kitchens). We can also repeat a Group series to accommodate all interested teens, if there is a big enough response. Any questions? Please contact your therapist. Hope to see you there.

We are looking forward to the first group meeting on Meal Preparation-

We're Gonna Make Somethin' Good to Eat!

We can hardly wait to see if we have the next Rachael Ray or Emeril Lagasse in our midst!

By Cathy Brown,OTR/L

What Does “Transition” Mean to CCS/MTU Families?

By Laura McLaughlin, MSW

Webster's Ninth New Collegiate Dictionary (1989) defines Transition as, "a passage from one state, place, stage or subject to another". Transition to adulthood is normal, natural and is especially important to families with children with special health care needs. Understanding this, California Children Services sends periodic reminders about the process and offers assistance along the way.

If your child is over 14 years old you will receive a letter from CCS that begins to discuss the process of Transition as it pertains to our program. If your child attends our Pediatric Team Clinics, beginning at age 14, and at every visit thereafter, until their last visit before their 21st birthday we will be revisiting this subject with you. As required by the State of California, CCS sends out a letter at age 16, and at age 17½, the Adult Services Declaration form, then another letter at age 18 and one at age 20. The CCS nurses and social workers send out questionnaires and sometimes will call to determine the child's overall needs and make referrals regarding physicians that serve adults and community programs, if needed. All of this correspondence is designed to give the parent/ caregiver/client a reminder and information along this path so that they can begin to prepare for this exciting, and a little bit uncertain time, for our families of special needs children. If your child also attends one of our MTU's (Medical Therapy Units) their role includes teaching you and your child how to be as independent as possible with mobility and self care tasks and ensuring that the Durable Medical Equipment needs of your child are met in plenty of time prior to his/her 21st birthday.

Recently, we have discovered a new website that we believe would be of great benefit to our families. It is very informative, user-friendly and is entitled: Youth Transition Toolkit: A Guide for Young People with Disabilities Transitioning to Adulthood. It is a project of the California Health Incentives Improvement Project (CHIIP). The website address is- www.tknlyouth.info/. It contains information under the headings of Education, Independent Living, Employment, Finances, Healthcare, Social and Recreational Resources. There are worksheets for young adults for every section and it can be downloaded and printed. There is even a section for parents under each heading that gives helpful tips on how to navigate this challenging and exciting process and give emotional support to your child entering adulthood. We hope you will take a look at it and utilize this great new resource for our families.



Montclair Sports Expo

Coming Soon!

Providing recreational resources for disabled children and teens



Multiple local vendors available to provide CCS Patients and their Families with information and/or demonstration regarding activities and resources available in our community.

Date to be Announced...

Montclair Medical Therapy Unit
Moreno Elementary School
4825 Moreno Street

(909) 445-1665

Upcoming Events



Etiwanda MTU Satellite

WHO: Melissa Castrejon, PT;

Amy DuBois, PT;

Mervyn Pipersburgh, OTR/L;

Esmeralda Casillas, OTR/L.

WHAT: Grand Opening of Etiwanda Satellite

WHERE: 12860 Banyan St. Etiwanda, CA 91739

WHEN: September 20, 2011

WHY: To further serve clients in

Rancho Cucamonga and

North Fontana areas



THE 22ND ANNUAL STATER BROS.

ROUTE 66 RENDEZVOUS

SEPTEMBER 15 - 18, 2011.

DOWNTOWN SAN BERNARDINO, CA

THURSDAY/FRIDAY 6 P.M. - 10 P.M.

SATURDAY 10 A.M. - 9 P.M.

SUNDAY 10 A.M. - 4 P.M.



DisAbility Sports Festival

FREE SPORTS EXTRAVAGANZA FOR PEOPLE
WITH ANY DISABILITY

LARGEST CROSS-DISABILITY SPORTING EVENT IN ONE DAY!

NO EXPERIENCE NECESSARY. AT THE FREE FESTIVAL,

PEOPLE OF ALL AGES WILL BE TAUGHT BY

WORLD-RENOWN PARALYMPICS COACHES AND ATHLETES

IN 20 SPORTS AND PHYSICAL ACTIVITIES, SUCH AS:

BASKETBALL, TENNIS, WALL CLIMBING, TRACK & FIELD,

SWIMMING, HAND CYCLING AND MORE! REGISTER TODAY

TO PARTICIPATE, VOLUNTEER, OR DONATE.

OCTOBER 1, 2011: 9 AM - 3:30 PM

AT CALIFORNIA STATE UNIVERSITY, SAN BERNARDINO

CONTACT: AARON MOFFETT SPORTSFES@CSUSB.EDU

(909) 537-5352