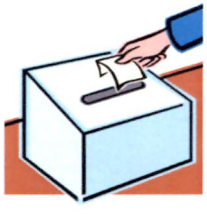
California Children Services (CCS) Medical Therapy Unit (MTU) Newsletter

SUMMER ISSUE 2011

Medical Therapy Units are Closed:

July 4th, 2011- Independence Day



A Reminder To Our CCS Families:

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

San Bernardino County

Department Of Public Health

CCS

Volume 1, Issue 4

Miss Jada Perricone	2
How to Make The Most of Out of Your Time in Therapy	3
Siegrist Sport Expo	4
Interview with Dr. Sidney Wu	5
Pets and Special Needs Child	6
DisAbility Sports Festival	7

EDITOR:

Laura McLaughlin, MSW

A Big Thank You to:

Dr Sidney Wu, Miss Jada Perricone, Gus Atwell & Manal Kassab, and to Judy Vigil-Montaño OAIII for her invaluable work putting this newsletter together with me every time.

For an electronic copy of this publication please email me:

lmclaughlin@dph.sbcounty.gov

Miss Jada Perricone Steps Up And Steals a Lot of Hearts!

By Gus Atwell, PT,
Yucca Mesa MTU Supervisor

Miss Jada has always been a motivated and hard worker, and usually, with a big smile, too! When she came to us at the Yucca Mesa MTU at the age of two, she was a little shy. At first, she would only look at Tammie Viehmann, OT and Ellen Stout, PT during therapy and avoided any eye contact with me. In the three years she has been with us, she has settled in to be one of the more talkative children-that is- when she is not taking something apart!! She is a natural born mechanic--- just like her Daddy. Her favorite sayings are, "Let's check it out", and, "Where's my tools?". It is hard for us to believe that she will be starting Kindergarten in a short while.

Recently it was asked of us to choose a child to be a demonstrator at the Loma Linda University Physical Therapy class. Thirty-six Physical Therapy students needed to observe a child receive an evaluation and therapy. What kiddo would be brave enough to do that job? Well, I'm proud to announce that our little Miss Jada made it all look easy. She was so cooperative with a therapist she had only met that day and with a classroom full of curious students looking on! Her bravery and coolness in a stressful situation earned praise and a loud round of applause from the grateful students. Way to go Jada!

HOW TO MAKE THE MOST OF YOUR TIME IN THERAPY:

Helpful hints for parents and/or caregivers

1. **You are the most important part of the therapy team.** We are committed to coaching you through the rehab maze and towards maximizing your child's independence. However, we need you to help us learn more about what your child can already do, what he/she is trying to do and accomplish and/or what things he/she cannot do. This will help us develop complete reports and establish appropriate treatment goals for him/her.

2. **Come prepared.** When your child is scheduled for an evaluation or a therapy treatment, come ready to be part of the process and with information to share. Let the therapist know what progress you have seen, provide feedback about the home exercise program, equipment issues or concerns, and/or specific goals you would like for the therapist to address. We won't know what is working at home if you don't let us know what is happening outside of therapy.

3. **Ask Questions.** If we tell you something that you don't understand- please stop us and ask us to explain what we just said. If we reviewed an exercise with you at the last visit and once you got home you couldn't remember how to do it—please ask us to show you that exercise again at your next visit or call for an additional appointment. If you don't tell us what is not working for you or your child, we may just assume that everything is fine.

4. **Be Honest.** If there is a specific exercise or task on the home program that you don't have the time or support to do or your child just doesn't cooperate with- please let us know right away. This will allow us to come up with something else that might work better for you and your child or provide you with suggestions that could make it easier to do. Don't feel bad about telling us. It is better if we know and have you try something else than to not have you do anything at all.

5. **Your Opinion Counts.** We need to know if what we are doing is making a difference for you and your child. Your feedback is one of the most important ways for us to know whether we're making that impact or not. We can't promise to fix every problem but we can support you in finding ways to make things easier for you in managing your child's needs or for your child to be more comfortable. There are many ways you can share this information with us including completing a feedback sheet (located in the waiting area of each therapy unit), talking directly to your therapist(s) at any treatment or evaluation session or talking to the unit supervisor.

** We encourage you to think of yourselves as our partners in the goal of helping your children achieve their maximum potential.*

By Manal Kassab, M.A., OTR/L,
Supervising Therapist, CCS Medical Therapy Units

Siegrist Sports Expo

Open to all Siegrist Medical Therapy Unit families and surrounding community!

Providing recreational resources for disabled children and teens.

- Rising Stars Equestrian Therapy
- Rolling Bears Basketball
- VIP Soccer
- Camp Paivika
- Extreme Sports with Darryl Lair
- Possibilities- LLUMC
- Mejia Martial Arts
- Challenger Baseball
- High Desert Cheer

Wednesday

June 15, 2011

3:00-5:00 pm

Siegrist Medical Therapy Unit
Lucy Siegrist School
15922 Willow St.
Hesperia, Ca 92345
760-244-7999

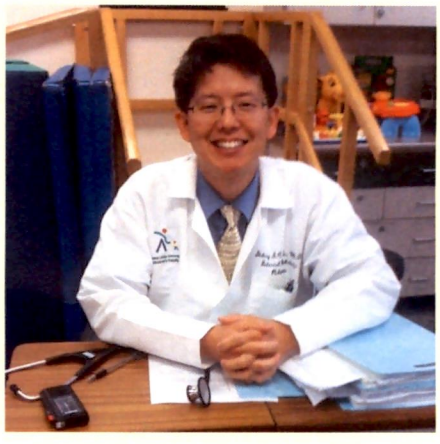
Interview with Dr. Sidney Wu

by Laura McLaughlin, MSW

1. **How long have you worked for CCS?** 6 years

2. **How long have you been a doctor?** I have been at Loma Linda University since 2000. My specialty is Internal Medicine and Pediatrics (Board Certified in both) I work with the "tiniest of babies to the oldest of the old" and I love it. I chose to do that over Family Medicine because it gave me the opportunity to have a deeper understanding of my patients covering the span of the generations.

3. **Will you tell us about your family?** My dad was a social worker and then became a chaplain and my mom is a Music Therapist. I was born in Toronto, Canada and my family moved to West Virginia and then to the Inland Empire when I was 6 years old. I'm a local boy. I graduated from San Gorgonio High School, University of California at Riverside and finally, Loma Linda University Medical School. I am married with a little boy who is four years old and a new little daughter who is 6 weeks old.



4. **What made you want to become a Doctor?** My parents encouraged me and as it turned out--- it is a good fit. I love working with people and I can also use my skills overseas. I have been able to travel to Nigeria, Zambia, Malaysia, Taiwan and Mexico to treat people in need. It is very rewarding to me.

5. **Any hobbies or extracurricular activities?** I love running and biking. I don't do too much of those activities lately, but that's okay, because I am spending my free time with my wife and children. I also have an interest in learning languages. I speak Mandarin, Taiwanese and Spanish. (The team love's to hear Dr. Wu trying out his Spanish with our families and they love it, too!)

6. **What do you like about working with our kids, families and CCS in general?** I like working with the CCS Pediatric Team because it is the full spectrum with a social worker, nurse and therapist right there to assist families on the spot. A physician does not have that luxury in our daily practice. Working with the CCS families helps me to tune my medical skills specific to children with neuromuscular challenges.

7. **Is there something you have learned in your work with our families?** It always amazes me when I see some of our CCS families deal with some incredible hardships on a daily basis...and thrive! The kids and families at CCS help me to see how in my own life God has a great purpose and presents me with opportunities for growth that I want to learn from.

8. **What is something about you that is surprising or unusual?** I guess this is not unusual for an Asian male but (laughs out loud) I play the violin!

   *****Comments from Laura - Dr. Wu is quite the basketball player. I have seen his wastebasket basketball move at clinic---he makes incredible shots with a balled up exam table paper backwards into the trashcan from across the room. I also have it on good authority that Dr. Wu has a highly tuned sense of humor and is a prankster (I never reveal my sources). In addition, he is generous and giving with our MTU/CCS staff. On the day that I interviewed him he brought ice cream, cookies and candy for everyone to celebrate the birth of his new little daughter, Evangelina Joy.*

9. **What one piece of advice would you like to give to CCS parents and children?** I would say that our parents' relationships- how committed they are to loving each other means far more to our kids than we know.

Pets and the Special Needs Child By Nancy Flander

Having a pet teaches every child the importance of responsibility. Your child will learn quickly that the pet needs to be fed, cleaned and cared for. If your child can physically participate in those responsibilities, she should be allowed to. The act of caring for her pet will build her confidence level and help her learn to care for herself as she grows.

Pets often become a child's confidant and best friend. The secrets shared between the two will always be kept and the child has someone in her life to trust and love who loves her unconditionally.

Having a pet to care for can teach a child to have love and compassion for all living things. Loving one animal can lead to loving all animals and to respecting life in all of its forms.

Life lessons such as sickness and death can also be learned through having a pet. When a pet dies, it is an emotional, difficult time for a child, but ultimately it is a chance for the child to learn to deal with loss and to explore her ideas, thoughts and questions about life and death.

For the child who has trouble making friends, having a pet can attract the interest of other children. When other children express curiosity in the child's pet, there is an opportunity for friendships to be built.

For children with more severe disabilities, a pet can be more than a friend. A horse can offer therapeutic care for the child who is unable to walk. A dog can act as a helping hand or even legs for a child with limited mobility, or eyes for the child with a vision impairment. For a child with autism, their best friend can be trained to track them if they wander off or can act as a calming force when the child is feeling anxious or stressed. For a child with epilepsy, a dog can mean the difference between life and death as it alerts parents to seizures before they occur.

Overall, pets can make a lasting impression on children with special needs. They will help to guide and support your child through the current challenges while preparing her for the unknown future. Although taking on a pet needs to be a family decision and will undoubtedly bring more responsibility to the household. The positive advantages and life-long rewards outweigh any negatives and make it all worthwhile.

This article is from the website www.families.com and can be found under the "Special Needs" tab.

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

San Bernardino County 2-1-1 Get Connected. Get Answers.

For Additional Information or Resources

2-1-1 Is a toll-free phone number that provides information and referrals for health and social services, dialing 2-1-1 is the quickest way to access non-emergency resources for your family, your neighbors and your employees.

Dial 2-1-1
or 1-888-435-7565
visit www.211sb.com

Free & confidential information & referrals 24-hours, 7-days a week

Food / clothing / shelter / counseling / crisis services / health & dental care / elder assistance / and much more

FIRST 5 San Bernardino · Bank of America

LIVE UNITED. United Ways serving San Bernardino County United Way

Marque 2-1-1
or 1-888-435-7565
visit www.211sb.com

Información **gratuita y confidencial** las 24 horas, 7 días a la semana

Alimento / ropa / refugio / consejería / asistencia durante una crisis / salud y cuidado dental / información para ancianos / y muchos más

PRIMEROS 5 San Bernardino · Bank of America

LIVE UNITED. United Ways serving San Bernardino County United Way

http://www.211sb.com/