



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



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Department Of
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CCS



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Medical Therapy Units are Closed:

February 20th — President's Day
April 26th—R&I Meeting



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

EDITOR:

Laura McLaughlin, MSW

Many Thanks To:

Dr. Valarie Wong,
Judy Vigil-Montaño, Kassie Rachele,
and
Angie Atkins

Please note: If you would like an electronic copy of this publication please email me:
lmclaughlin@dph.sbcounty.gov

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

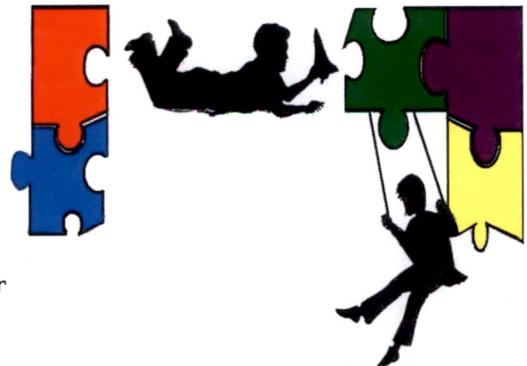
Montclair MTU, (909) 445-1665, Angie Atkins, OTR, Unit Supervisor

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



Interview with Dr. Valarie Y.M. Wong

by: Laura McLaughlin, MSW



How long have you been a doctor and where did you study? I have been a Pediatrician for 14 years. I have been practicing and teaching at Loma Linda University for eight or nine years. I also worked for four years at Kaiser Permanente in Lancaster. I studied at Baylor University in Houston for four years, UCLA for my Pediatric Residency for three years and one year in New Jersey for my Sports Medicine Fellowship. My Specialty is Sports Medicine. I have been working for CCS for six years.

What made you want to become a doctor? I think all people who choose to go into medicine basically want to help others. What I always felt about choosing to work with kids was that I could affect them through their childhood and make a real difference throughout their lives.

What do you like about working with our kids, families and CCS in general? I love working with kids anyway and the CCS kids especially, because they don't know their limitations when they are young. I get to see them grow and learn. I enjoy all the people I meet in my MTU Pediatric Clinic and the team approach is wonderful. I get to delve into the whole dynamic of the child and family. As a team, we are using all of our in-depth skills in each discipline to help them in such a holistic way and I know I can't do this without all the team members. As their needs change we intervene as needed. I usually only get about 10 minutes to meet with a child and family in my regular practice. I like being able to assist the MTU kids and families to reach their full potential.

What organizations are you involved with outside of your daily work life? I am the team doctor for the Inland Empire 66ers Minor League Baseball Team. I have been involved in the past with the Special Olympics. I am also writing a textbook for General Pediatricians to enhance their knowledge about Sports Medicine and I am doing research on Concussion and the Pediatric Athlete.

What do you do for fun and what is something surprising about you? I love hiking, biking, reading and I have recently been learning to cook. I can finally do more than boil water! I also love to travel and recently came back from a trip to Seattle. I have traveled to many places in the world but Hawaii is one of my favorites. Some of our families might be surprised that I am a member of a Hula Dance group! It's a lot of fun and takes me away from my daily routine.

Is there something you have learned in your work with our families? What I have learned from all of you is, instead of looking at what they can't do, I now look at what unique gifts these children are given and what they can give us that enhance all of our lives. I am honored to spend time every month at CCS and be with families who have a very daunting set of concerns and handle it with such grace.

What one thing would you like to say to our CCS parents? I would have to say, I'm grateful that we get to facilitate services and see progress in your children over a long period of time. I am amazed and truly humbled by you and your children in terms of your perseverance in taking care of your special needs child every day. If we can help alleviate some of the stress you encounter in your daily lives, I'm happy. Working with your terrific kids reminds me to do more with my life.

The CCS Legacy Continues

by
Angie Atkins, OTR, and Supervisor
Montclair MTU:



As I entered the therapy gym one morning, I heard an old familiar voice. When I turned to see who the voice belonged to, I was surprised to see Kassi Rachele, a former CCS Client. She was dressed in blue scrubs and was assisting a current CCS patient, Luke Manny.

Kassi, now 27 years old, was diagnosed with Cerebral Palsy-Right Hemiplegia when she was an infant. She received physical and occupational therapy services at Montclair MTU until she aged out of the program at 21 years. When asked what her most vivid memory of CCS was she replied, "Stretching with the Physical Therapist." She also stated that she wishes she would have done her stretches more often because she continues to experience low back pain. More recently, she has gone to a private PT for her low back pain and was given the same therapeutic exercises she was instructed on by her CCS PT.

Following high school, Kassi attended Chaffey College in Rancho Cucamonga where she earned her LVN, Licensed Vocational Nursing degree. This accomplishment did not come without challenges... something Kassi is all too familiar with. She was told by one of her professors that she "would not make it" and that she "was a danger to others." Due to her right arm paresis, performing certain procedures were difficult. Kassi said she would get really nervous when trying to do the "Sterile Glove Procedure". This technique requires the use of bilateral hands to skillfully don sterile gloves. Kassi said, "I had to figure out a method to perform certain skills my own way." And, that she did! Thanks to the years of positive reinforcement from her grandparents who always challenged her to do the best at everything she attempted. As Kassi's Occupational Therapist, I will always remember how dedicated her grandparents were to get her to every therapy appointment and ensuring that she followed through with our recommendations.

I asked Kassi what she would like to share or say to our current CCS Clients and their parents and she replied, "Parents should always challenge their children because you will never find out what they are truly capable of if you don't."



Kassie Rachele and Luke Manny



Frequently asked questions about immunizations

How do vaccines work?

Vaccines protect against certain diseases by stimulating our bodies to make antibodies. Antibodies help the body repel the "invasion" by bacteria or viruses that cause disease. Without the protection of vaccines, we can easily contract and transmit diseases.

Why are vaccines given to babies?

Vaccines prevent diseases. Babies need to be protected because they are born without natural immunity. They have a little immunity from their mother's blood but it wears off, so most babies get shots starting around two months.

Do teens and adults need shots? Aren't shots only for children?

Yes, teens and grown-ups also need shots to protect against diseases. Immunizations are necessary for good health at all ages. Sometimes, the immunity needs a "boost".

What immunizations do teens need?

Teens should receive the following shots:

- Tdap
- MCV4 (meningitis) vaccine
- Varicella (chickenpox) series, if they have not had the chickenpox
- Influenza, each year
- Any vaccines they might have missed as little kids!



And: Yes, teens and grown-ups also need shots to protect against diseases. Immunizations are necessary for good health at all ages. Sometimes, the immunity needs a "boost".

Do patients or parents have to sign consents before receiving vaccines?

No, signed consents are not required. However, federal law mandates the recording of certain information about each vaccination, e.g.: manufacturer, lot number, and the date of the Vaccine Information Statement(s). This information should be recorded in the patient's chart.

This information was found at www.getimmunizedca.org or if you have more in-depth questions you may call 1-877-243-8832





2012 Disabilities Awareness Night

Join the Inland Empire 66ers
as they face the High Desert
Mavericks on Saturday, April
28th at 7:05 pm!



The Game will include a special
pre-game event including 66ers players,
autograph and photo opportunities. For
additional information contact
Sam Farber at (909) 495-7632 or by email at
sfarber@ie66ers.com



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Favorite Cookie Recipes from MTU Staff

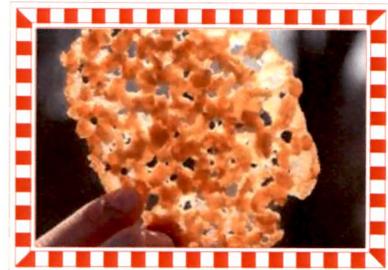
LACE COOKIES

Presented by Viki Butler, Physical Therapy Assistant, Colton MTU

"These are quick, super easy, and delish. They melt to a very thin cookie and are soooo good. A friend shared this with me and now I am sharing it with you!"

WHAT YOU NEED

- 1 Cup oats
- 1 Cup sugar
- 2-3 Tablespoons flour
- 1 egg
- 2 teaspoons vanilla
- 1 stick of butter



MAKE IT

HEAT oven to 350 degrees

MIX and drop batter on foil over cookie sheet, 1 very small teaspoon at a time.

BAKE at 350 degrees ~ 8 minutes until a light golden brown. Be sure to place very small teaspoon amount of batter on foil-then you can use it to peel them off.

CHOCOLATE CHIP COOKIES

**Presented by Sherylle Martin, Supervising Pediatric Rehabilitation Therapist I
Carmack MTU**

WHAT YOU NEED / MAKE IT

HEAT oven to 350 degrees

- 1 1/2 cup butter, room temperature
- 1 1/4 cup white sugar
- 1 1/4 cup packed dark brown sugar
- 1 Tablespoon Vanilla



COMBINE above ingredients with beaters.

ADD the following ingredients combining them by hand. (Dough is very thick)

- 2 eggs
 - 4 cups white flour
 - 2 Teaspoons Baking Soda
 - 1 Teaspoon salt
 - 2+ cups Nestles semi-sweet Chocolate Chips
- Using cookie scoop, place scoops of dough on ungreased Air-Bake cookie sheet.

BAKE on center rack at 350 degrees for 10 minutes (no longer). Remove from oven.

COOL on cookie sheet for 10 minutes then remove to cooling rack. Yields 4 dozen