

W I N T E R 2 0 1 5

SMCSLHA

San Mateo County Speech-Language and Hearing Association

What's Going On?

SMCSLHA has been staying busy securing its speakers for the 2015 year. Due to the San Mateo Office of Education going through some construction again this year, availability has been limited and rooms have been difficult to secure. Despite this little bump in the road, we are happy to announce that we were able to book our spring workshops. Here's what we have in store for you in 2015:

Jennifer Taps Richard, M.A. CCC, SLP on February 6, 2015

Efficient Phonological Assessment and Treatment

Save the date for **THURSDAY April 30, 2015**. We are excited to announce that Anne England has graciously accepted our invitation to return and speak to our association this spring. The topic will be announced in February. Anne comes with such a wealth of information you will not want to miss her speak!

We are in the process of finalizing our May 2015 luncheon date, and will have information about that to follow in February. We will be sending out emails with the upcoming workshop and luncheon details once they are finalized. (You can also visit our website www.smcslha.org for updates and details.)

SMCSLHA continues to organize and support the **Highway to Help (H2H)** group of SLPs in the San Mateo area. H2H is a group that meets to discuss such things as tests, journal articles, and therapy techniques, as well as to share information from conferences, and workshops. It's a place where professionals can exchange ideas and discuss concerns. SLPs can talk about what is working in their place of practice, and help, support, and encourage others.

We are proud to say that SMCSLHA is committed to furthering "Community Connections" through its continued donations to local charities in 2015.

Please let us know if you know of any SMCSLHA member who will be retiring this year.

SMCSLHA would like to acknowledge all the hard work and dedication these professionals have provided through the years. We would also like to invite them to attend our annual luncheon in May 2015 as our guest.

I'm Engaged! By Jennifer Spreer

Shortly after celebrating my own engagement and wedding, I read Grace Medina-Chow's SMCSLHA newsletter article on becoming *engaged* in the field of speech-language pathology and audiology. In the article she challenged speech-language pathologists and audiologists to become involved in the community by attending workshops, becoming a mentor and joining local organizations. After reflecting on my own career and level of involvement, I decided it was time to step up and increase my involvement in the community. However, as a newlywed I knew I would need to choose activities that would still allow me to have time with my family.

Over the past few months I participated in a panel discussion at a local university, invited beginning graduate students to observe therapy sessions at my school site, attended a SMCSLHA workshop, joined a second ASHA Special Interest Group (SIG), reached out to colleagues I had not spoken to in many months and took action by writing a letter to congress regarding the national coverage decision for speech generating devices. Individually, each of these small acts took just a few minutes or hours to complete, but the connections they fostered and impact they have will last much longer. Since it is the season of giving, I invite YOU to unwrap the gift of involvement and find your own ways to become more fully engaged in the profession.

Need to Contact Us?

Below is contact information for each of our Board Members.

Grace Medina-Chow, Co-President	650-592-9605
Workshop suggestions, newsletter article submissions & general info.	wchowworld@aol.com
Julie Oeser, Co-President	650-592-9766
Newsletter advertisements, student teaching opportunities & general info.	taxio@comcast.net
Robin Silk, Co-Secretary	650-454-0729
Membership, directory, newsletter & workshop registration	msslavin@pacbell.net
Jessica Olive, Co-Secretary	805-704-2761
Speaker info, SMCSLHA website	jessica.l.olive@gmail.com
Patti Low, Treasurer	650-572-0145
Receipts for workshops, membership dues, & refunds	splow5@yahoo.com
Marie Pacquet, Product Manager	650-349-0332
Resource materials	mbpacquet@gmail.com

Who Knew?

San Mateo County Speech Language and Hearing Association has a website www.SMCSLHA.org. Please feel to visit our website for membership information or to stay informed on our upcoming events.

Explaining the Inexplicable: "Every instance since the beginning of time has been a coincidence: A leaf in a tree embodies the combined efforts of the earth, water, wind, stars and sunshine. When you realize that everything has led to the present, to this moment, you see there's nothing to be afraid of, nothing to be burdened by. The present moment is the moment of arrival---and it took the entire universe to create it. All is as should be."

~Deepak Chopra, MD

Game On! By Paula Crosatto, M.S., CCC-SLP

Looking for a new fun game that can be enjoyed by kids and adults alike? Try TIMELINE! Timeline is made up of about 100 small 1.5x2" cards with pictures of an invention on both sides (e.g., The Photocopier, Fire, Paper, etc.) and the date it was invented on only one side. Each player starts with 7 cards placed face down so the invention dates are hidden. A card from the deck is placed in the middle of the table with the invention date up for all to see (e.g., the photocopier 1938). Players take turns placing a card from their hand into the row or timeline on the table. After placing the card the player reveals the date on it. If the card was placed correctly with the date in chronological order the card stays in place. If the card was not placed in chronological order, the card is removed and that player takes another card from the deck. The first person to get rid of all their cards is the winner.

There are easy ways to incorporate articulation, syntax, categorizing/semantics and auditory memory tasks while playing the game. Best of all, Timeline comes in a small, square tin container. Your kids will love it and it won't take up space.

If you are interested in purchasing Timeline you will likely need to visit higher end toy stores or buy it online. In addition to the "Original" game with inventions, there are other themed games to check out. Enjoy!

Does Money Bring You Happiness?

In an article written by Justin Wolfers in Money Magazine, June 2014, Wolfers shared his research findings regarding whether or not wealth brings one happiness. Wolfers is a Professor of Economic and Public Policy at the University of Michigan. He found that people with wealth are happier than poor people. Additionally he discovered that wealthier countries were happier than poor countries.

Wolfers also found that education and skills contributed to increased income later in life as well as increased happiness. Wolfers further explained "People choose occupations based not just on money, but also on meaning. There's nothing in my research that says that's a bad idea."

Fact or Fiction?

More boys have language delays than girls.

True. According to Lauren Lowry, Hanen Certified Speech-Language Pathologist and Hanen Staff Member, "There are definitely more boys than girls with a variety of language difficulties. The incidence of language impairment is higher among boys than among girls, a ratio anywhere from 2:1 to 3:1. The incidence of Autism in boys is also higher, four times more common in boys than girls."

Twins are at greater risk for language delay.

True. In a review of the research regarding the development of twins, Karen Thorpe summarized the following in her 2006 article:

- Twins, particularly male twins, have higher risk of language delay.
- Language delay is usually mild and it seems to reduce by middle childhood.
- There is great variation in language scores among twins.

Therefore, while not all twins have language delays, they are at greater risk for language delay.

Upcoming Conference & Event Information

- **February 6, 2015 – SMCSLHA Workshop - *Efficient Phonological Assessment and Treatment*** – Presented by Jennifer Taps Richard, M.A., CCC-SLP – San Mateo County Office of Education, Redwood City, CA. For more information contact Robin Silk at 650-454-0729 or mslapin@pacbell.net
- **April 30, 2015 – SMCSLHA Workshop** – Topic to be determined - Presented by Ann England, M.A., CCC-SLP-L – San Mateo County Office of Education, Redwood City, CA. For more information contact Robin Silk at 650-454-0729 or mslapin@pacbell.net
- **May 2015 – SMCSLHA Luncheon** – Details to follow.

For information about workshops sponsored by The Morgan Center, visit their website at www.morgancenter.org.

For information about conferences/workshops sponsored by the San Mateo County Office of Education, please visit their website at www.smcoe.k12.ca.us.

For information about CSHA's calendar of upcoming events, visit their website at http://csa.org/calendar_of_events/calendar_of_events.htm.



New Beginnings for More Happiness

As we start a new year in 2015, it seems like a natural time to reflect on the things we have done and have not done. We can analyze both the good and the bad outcomes. From that analysis we can decide to make better or different choices, or we can choose not to. (Although that might mean a repeat of some undesirable outcomes.) It's all about choices.

I'm a firm believer that we should take time to think about and reflect upon what makes us happy, and then weed out the stuff that doesn't. Easier said than done, I know. But in the end it will make your future journey so much easier. No one likes taking roads that lead nowhere...and repeating the same road can be annoying. So in 2015 why not choose to make yourself happier by taking a new road. Focus on what is working and let go of what is not. Make choices that will ultimately lead you to experience less stress, and fewer complications, and bring you more happiness and peace. Do the things you enjoy and have possibly put off. It's not a bad idea to make that well-known Nike slogan your new mantra: "**JUST DO IT!**"

Help Wanted



If you have a job opening you would like posted in the next SMCSLHA newsletter, or are interested in running a ½ page or full-page ad in our next issue, contact Julie Oeser at taxio@comcast.net for pricing or more

SMCSLHA

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