

S P R I N G 2 0 1 5

# SMCSLHA

San Mateo County Speech-Language-Hearing Association



## What's Going On?

Welcome spring!!

SMCSLHA is very excited to be hosting Ann England for its spring workshop on Thursday, April 30, 2015. Ann's topic for this workshop will be "*ASD: Social Communication Skills, Common Core State Standards and Collaboration.*" Mark your calendars, because you won't want to miss it. For more detailed information and to register, please see the flyer.

SMCSLHA will be hosting its luncheon this year at Hobe's Restaurant on May 15, 2015. Our speaker will be Chris Harris, Director of Esther B. Clark School. He will be speaking on the topic of "*Processing, Perception & Working Memory: The Three Saboteurs for Children Performing in the Classroom.*"

If you know of any SMCSLHA member retiring this year please let us know as soon as possible so that we can honor them at our luncheon.

Please contact Robin Silk at [mrlapin@pacbell.net](mailto:mrlapin@pacbell.net) regarding registration for the luncheon and to provide any retiree information for 2015.

You can find more information on our website. Visit it here:

[www.smcslha.org](http://www.smcslha.org)

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### Upcoming Events:

*SMCSLHA Spring  
Workshop  
April 30, 2015*

*SMCSLHA Luncheon  
May 15, 2015*

## *Upcoming Conference & Event Information*

- **April 30, 2015 – SMCSLHA Workshop** – “*ASD: Social Communication Skills, Common Core State Standards and Collaboration*” ” Presented by Ann England – San Mateo County Office of Education, 101 Twin Dolphin Drive, Redwood City, CA. For more information, contact Robin Silk at [mrlapin@pacbell.net](mailto:mrlapin@pacbell.net)
- **May 15, 2015 – SMCSLHA Luncheon and Workshop** – “*Processing, Perception & Working Memory: The Three Saboteurs for Children Performing in the Classroom.*” Presented by Chris Harris - Hobee’s Restaurant, Belmont, CA. For more information, contact Robin Silk at [mrlapin@pacbell.net](mailto:mrlapin@pacbell.net)

For information about workshops sponsored by The Morgan Center, visit their website at [www.morgancenter.org](http://www.morgancenter.org).

For information about conferences/workshops sponsored by the San Mateo County Office of Education, please visit their

## *Making Community Connections*

SMCSLHA continues to make their community connections by donating to organizations that support those with speech and language needs.

This year, SMCSLHA has continued to donate to **SmileTrain**. Their mission is to provide a child born with a cleft the same opportunities in life as a child born without a cleft. Smile Train provides free cleft surgery to hundreds of thousands of poor children in developing countries. They train doctors and medical professionals in 87 countries. SmileTrain also treats the “whole child” with comprehensive, total rehabilitative care including speech therapy, general dentistry and orthodontics.

The **Make-A-Wish Foundation** is another organization that SMCSLHA continues to support. This foundation is made up of a network of nearly 25,000 volunteers that enable the Make-A-Wish Foundation to serve children with life-threatening medical conditions.

SMCSLHA has also continued to donate to the **Starkey Hearing Foundation**. The Foundation is committed to hearing health at home and around the world to build better lives for those who are hearing-impaired. The Foundation has promoted hearing care awareness through the support of hearing research, education and charitable programs. The Foundation donates thousands of free hearing aids to needy individuals and children each year.

In addition, SMCSLHA has made a donation to **Hope Service’s Project Search** program. Hope Services, a non-profit agency, provides on-the-job medical training for young adults with intellectual and developmental disabilities, including autism and cerebral palsy. Training is provided for competitive, entry-level jobs in the medical field. The idea for Project Search started in 1996 when emergency room nurse Erin Riehle took a critical look at Cincinnati Children’s Hospital Medical Center. The hospital was experiencing high turnover rates for many of their entry-level jobs. Ms. Riehle felt that it would make sense to hire disabled employees since the hospital served a lot of disabled children. From that moment, the idea has spread to 200 sites in the United States, Canada, England, Scotland and Australia. Hope Service’s Project Search program ranked highest in job placement among the 17 sites in California.

SMCSLHA is proud of its continued support to community connections through yearly donations and other philanthropic endeavors.

## *SMCSLHA Library*

Did you know that SMCSLHA has a library? As a SMCSLHA member, you have access to all materials in our library. The materials in the library include therapy materials, assessments, CDs, and other resources. For a complete list of materials in our library, please go to our website [www.smcslha.org](http://www.smcslha.org). If you are interested in checking something out from the library, please contact Marie Pacquet at [mbpacquet@gmail.com](mailto:mbpacquet@gmail.com) Please note that all materials are to be returned after two weeks.

## *A Big Move...by Jessica Olive*

After living in the Bay Area for almost a decade, my family and I decided it was time for us to make some changes last year. One of which was moving. After a lot of research and discussion, we settled on narrowing our job search to several cities in Oregon. We ultimately ended up in Eugene when I was offered a job with Early Childhood CARES, which provides early intervention and early childhood special education services in all of Lane County.

As I began looking at job opportunities I quickly realized that the process was going to be different than if I had just been looking to change jobs in California. Here are some of the things I learned in the process:

- Research the requirements for obtaining a license to practice speech in the state you are planning to move to. Make sure the requirements you've met to obtain a license in California will be appropriate in the new state as well.
- Look into what type of credential you may need if you decide to work for a school district.
- Have an idea of the age group you want to work with and it will help direct your search. For example, in California if you want to work with preschoolers you might consider working for a school district but in some states the school districts don't begin serving students until kindergarten.
- Start the paperwork ASAP. As soon as you know where you'll be working, send in the applications for any licenses or credentials that are needed. Processing the information can take time and you may not be able to start work until you receive these new documents.

In the end I found that there was more work initially to start a new job after such a big move. Though now that I've settled in, I get to enjoy working with a great new group of colleagues and children.

## *Who Knew?*

In her article, Jessica Olive, SMCSLHA co-secretary, shared some tips for the SLP moving to a new state. For those of you considering such a move, here are Money Magazines top five best places to live in America from their October 2014 issue.

1. **Mckinney, Texas** Pros: Good housing, beautiful downtown, excellent schools, green space galore
2. **Maple Grove, Minnesota** Pros: Solid economy, affordable homes, lots of bike paths, parks and open space
3. **Carmel, Indiana** Pros: Double-digit job growth, walkable and bike-friendly, thriving downtown and arts community.
4. **Castle Rock, Colorado** Pros: Beautiful landscapes, rapid growth, affordable homes
5. **Kirkland, Washington** Pros: Beach-town feel, growing local tech scene, good schools

## *Need to Contact Us?*

Below is contact information for each of our Board Members.

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

**Legislative Update February 2015****Submitted by****Ann England, M.A., CCC-SLP-L,****CSHA District 4 Legislation and Advocacy Liaison****Santa Clara County Speech-Language Hearing Association Legislative Representative****CSHA Legislative Day in May:**

In the initial planning stage is a May 2015 CSHA Legislative Day at the Capitol to recognize Better Hearing & Speech Month. CSHA leadership will be collaborating to draft a resolution that would be authored by Senator Connie Leyva (D-Inland Empire) recognizing the scope of practice of speech language pathologists and audiologists. Stay tuned!

**Variable Term Waiver Changes:**

CSHA's legal counsel, the Barnabys, and the CSHA leadership have been working with the California Commission on Teacher Credentialing (CTC) to tighten regulations related to the issuance of Variable Term Waivers. The SLP Services Credential allows an individual to provide services as a Speech Language Pathologist in California public schools. The criterion was strengthened for both initial issuance and reissuance of the VTW:

- require a bachelor's degree in Speech-Language Pathology, Communicative Disorders or a closely aligned field or hold a valid Multiple Subject Teaching or Education Specialist Instruction Credential;
- require specific criteria for reissuance of the VTW that include clear definitions for the terms "progress toward the credential" and "inability to enroll" in a Commission approved SLP and Services Credential program; and
- limit the total number of VTWs for the SLP Services Credential to a maximum of five (or seven) if specified criteria are met for reissuance.

**Speech-Language Pathology and Audiology Hearing Aid Dispensers Board (SLPAHAD):**

CSHA's legal counsel, the Barnabys, and CSHA's Executive Director, Shawn Talbot, have been meeting with SLPAHAD Executive Officer, Paul Sanchez, to discuss (among other things) the challenges surrounding initial and renewal of SLP license applications. One outcome being explored is for CSHA and SLPAHAD to partner on the development of a web-based mobile app which would assist in the processing of SLP license applications. More to follow.

**To keep up to date about legislation of interest to CSHA visit:**

<http://ctweb.capitoltrack.com/public/publish.aspx?id=40686a2b-e829-437c-9d08-7a2f95dea532>

## *Mindful Walking by Grace Medina-Chow*

Recently, I was at a professional meeting and talking with a colleague. We were chatting about the benefits of walking and she asked if I had heard of Mindful Walking. This was a new concept to me that I found very interesting. I did some research and wanted to share what I learned.

Mindful Walking is also called walking meditation, which combines basic principles of mediation, such as concentration and relaxation with rhythmic walking and focus on breathing. Mindful Walking has been practiced by Buddhist monks, and recently has been growing in workshops and classes all over in the United States. Mindful walking can reduce stress, lower blood pressure and heart rate, create more positive feelings, improve your mood and overall well-being. How could anyone not like these benefits?

The concept basically requires that you do the following:

- 1) *Find a spot to walk* - Find a place where you can feel safe outdoors and walk comfortably.
- 2) *Find your breath*. -Walk slowly and focus on your breathing. Inhale and exhale in a relaxed, evenly-paced slow rhythm.
- 3) *Find a mantra* – Choose something peaceful to help you quiet your mind and thoughts, and to stay focused.
- 4) *Find your senses* - As you walk observe the experience of the walk, feel the ground with your feet, smell the natural aromas around you, notice the sights and sounds.
- 5) *Find patience* - Concentrate on your walking and breathing and feel the benefits of your walk. As with anything, new things take time to master.

**Now go enjoy some mindful walking!**

## *Mindful at Work by Grace Medina-Chow*

After I read about mindful walking I thought, “Why couldn’t I do this while I am at work?” So, here are my mindful suggestions to help get you through the workday!

- During your work day take small walks (to the office, down the hall, etc.) and notice and enjoy your surroundings. If you have a few more minutes, maybe you can discover a relaxing spot to a little longer walk.
- While on your short walk to the office or just down the hall, remember to take some deep rhythmic breaths.
- Some mantra suggestions -“This too will pass,” “My mini-vacation,” or “Because I’m happy.”
- Keep your sense of humor. Keep your focus on those individuals who support you and have good sensibility. If possible, try to steer clear of those who seem to impart negative energy.
- Life is too short for complaining. If you find yourself surrounded by those individuals that suck all the positive energy out of you at work, you can always escape by taking your mindful walk right out the door. You are better off getting your two feet moving and looking ahead. Remember, you have a choice.

# *Help Wanted*

If you have a job opening that 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](mailto:taxio@comcast.net) for pricing or more information.



## SMCSLHA

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