

# SMCSLHA

San Mateo County Speech Language Hearing Association

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 Luncheon  
May 27, 2016*



## *What's Going On?*

SMCSLHA is excited to be hosting its luncheon at the San Mateo Elk's Lodge on May 27, 2016. Our speaker will be Karen Breslow, San Mateo SELPA Program Coordinator. Her workshop is entitled "*Dotting Your "I"s and Crossing Your "T"s with SEIS and IEPs.*"

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 2016.



### *Goodbye to One of Our Own*

It is with great sadness that we report the passing of one of our colleagues and longtime members, Dyanne Krasow. Dyanne passed away on March 21, 2016, of ovarian cancer.

Dyanne grew up in San Carlos. She received her BA in Communicative Disorders from SFSU and her MA from Sacramento State University in Speech Pathology. She worked with adults and children with speech and language disorders for over 30 years. She loved her profession and found it very satisfying.

In 2014, SMCSLHA acknowledged Dyanne's unending dedication and hard work in the field of Speech-Language Pathology by honoring her as one of its retirees at the annual luncheon. Dyanne will be greatly missed.

### *Making Community Connections*

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

This year, SMCSLHA has continued to donate to **Smile Train**. 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. Smile Train also treats the "whole child" with comprehensive, total rehabilitative care including speech therapy, general dentistry and orthodontics.

SMCSLHA has once again donated 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 Services' 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 Services' Project Search program ranked highest in job placement among the 17 sites in California.

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

## ***Better Hearing & Speech Month***

As you know, May is Better Hearing & Speech Month. The 2016 theme is "Communication Takes Care." Speech Pathologists and Audiologists can raise awareness among the community, and within work environments regarding communication disorders and the roles of professionals in providing life-altering therapy.

Here are some suggestions to consider:

- Provide an in-service to staff or parents
- Make and post an informative poster in the staff/break room
- Write an article for SMCSLHA
- Step up and volunteer
- Present the growing issues of our field at a board meeting
- Present a topic/student case to your special education department

This is an opportunity to educate, increase awareness and inform others in our various communities. For additional resources and suggestions go to the American Speech and Hearing Association's website.

## ***Licensing Update***

***Patti Solomon-Rice, Ph.D. CCC-SLP***

### ***Highlights of the November 6, 2015 Licensing Board Meeting in Sacramento***

- SLPAHADB approved an increase in the number of self-study CE hours for speech-language pathology from a maximum of 6 hours to a maximum of 12 hours out of the minimum 24 hours required every 2 years.
- The minimum number of speech-language pathology clinical clock hours for supervised clinical experience of graduate students has been amended from 300 hours to 375 hours as stated in Section 1399.152.2 of Article 3 Qualifications for Licensure – Education and Clinical Experience.

***Review of Strategic Plan.*** The Strategic Plan developed at the August 20-21, 2015 Board meeting was reviewed. Areas addressed in the plan included licensing, enforcement, outreach, laws and regulation, and program administration. The need to increase staff to meet strategic plan priorities was highlighted. Following discussion and suggestions for revisions, a conference call to approve the plan was scheduled on November 30, 2015.

### ***Update by Executive Officer Paul Sanchez:***

- The SLPA regulations package is working through the regulations process with the 45-Day Comment Period ending 11/23/15. The anticipated effective date is spring 2017.
- It is currently the peak period for processing licensing applications. It is taking up to 6 weeks to review applications submitted by SLP applicants.

### ***Licensed populations as of September 30, 2015***

SLP: 14,021  
 SLPA: 2,485  
 SLP/Aud Aide: 129  
 Audio/Dispensing Audio: 1,594  
 Hearing Aid Dispensers (HAD): 929  
 HAD Branch Offices: 881  
**Total Licensees: 21,236**

### ***Total Licensed populations from FY 10/11 - FY 14/15***

FY 10/11: 18,170	FY 13/14: 19,472
FY 11/12: 19,113	FY 14/15: 20,772
FY 12/13: 20,074	

## Who Knew?

Here are some suggestions and “food for thought” on how to decrease tummy issues. These are taken from the article entitled, “Tummy Trouble A-Z” in the March 2016 issue of Good Housekeeping.

**E - Exercise.** A 2012 study on Irritated Bowel Syndrome (IBS) patients found that those who exercised three to five times a week for 12 weeks had significant symptom improvement. Non-exercisers saw their suffering continue or worsen.

**H - Hold the Hot Sauce.** For some people, spicy foods seem to cause acid reflux. Try ginger; the root adds heat and may ease nausea.

**I - Inulin.** This type of fiber is found bananas, whole wheat and artichokes among other foods, is a prebiotic, which means it fuels beneficial bacteria in your gut.

**J - Jeans.** Skinny Jeans and slimming garments may compress the stomach and intestines hindering digestion or exacerbating reflux. Look for stretchy skinny jeans with a comfy fit.

## LEGISLATIVE UPDATE

January 7, 2016

By Ann England, Legislative Liaison

for

CSHA District 4

San Mateo County Speech Language Hearing Association

Santa Clara County Speech Language Hearing Association

### President Obama Signs into Law on Thursday, December 10, 2015 "Every Student Succeeds Act" (ESSA) that ends "No Child Left Behind"

From Lozano Smith Attorneys at Law

*President Obama has signed into law the "Every Student Succeeds Act" (ESSA), a sweeping overhaul of "No Child Left Behind" (NCLB) that eases the burden of the NCLB's testing and reporting requirements and restores local autonomy to schools and districts by making states responsible for students' academic achievement. The ESSA reaffirms the notion that local leadership is best for local schools by overwhelmingly shifting authority from the federal government to the states.*

To read the entire article visit:

[http://www.lozanosmith.com/news\\_info.php?id=1335](http://www.lozanosmith.com/news_info.php?id=1335)

### **Governor Brown Assembly signs into law Bill 1369 ("AB 1369") on October 8, 2015, that establishes a directive to the state Superintendent of Public Instruction to develop and implement guidelines to help educators and parents in the identification and assessment of dyslexia**

From: Fagen, Friedman, Fulfroost LLP

*Specifically, AB 1369, which adds section 56334 to the Education Code, requires the Superintendent to create program guidelines to be used to "assist regular education teachers, special education teachers, and parents to identify and assess students with dyslexia, and to plan, provide, evaluate, and improve educational services for those students." The guidelines must be completed in time for use no later than the beginning of the 2017-18 academic year.*

To read the entire article visit:

<http://www.f3law.com/newsflash.php?nf=486>

## *Stumbles in Life by Grace Medina-Chow*

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Sometimes life “just happens!” Due to a knee injury I recently found myself restricted to using crutches for six weeks. After getting this devastating news from the orthopedic surgeon I was hit with this thought, “How will I be able to get through the next six weeks on crutches?” I thought of all the things I wouldn't be able to do because of my limited mobility, and then I quickly learned firsthand all things I really could not do! I finally realized that like it or not I was stuck with my current situation and I needed to let go and go with the flow for the next several weeks. I implemented a quick attitude adjustment!

I realized that I could use my situation to my advantage in my therapy sessions. (Yes I did, and who knew, right?) The first opportunity presented itself on March 2nd, when our school participated in NEA's Read Across America Day, a nationwide reading celebration which takes place annually in honor of Dr. Seuss's birthday. Children across the country get involved in reading, and participate in various activities in celebration of Dr. Seuss. As an SLP I found it easy to incorporate a book into my therapy for the day. I reviewed parts of the book as vocabulary words (e.g. author, illustrator, setting, characters, title, etc.). On this particular day, I had found a book on my bookshelf entitled “Chopsticks” by Amy Krouse Rosenthal and Scott Magoon. The book was brand new and had been sitting on my shelf for several years. I had never really had the opportunity to use it before now. The story is about two chopsticks and the journey of their friendship when one of the chopsticks “snaps”. My students had no idea why I was on crutches and had a difficult time understanding the entire concept. However, when I read the story and compared my knee situation to the character in the book and explained to my students that “my knee snapped” just like Chopstick, they could quickly relate. My students now had a visual representation of how my knee snapped along with an understanding through the description in the story. “Chopsticks” is a wonderful and humorous story about relationships and perseverance. It's a fantastic book to consider having in your personal/professional library.

The second time I used my situation to my advantage was with my cluttering/fluency student. I explained to her that when she stutters it's similar to how one first starts out using crutches. At first it's bumpy and doesn't flow because there is disorganization. I showed her by coordinating the use of the crutches with leg strides, everything starts working in synergy and becomes smooth. She later said, “I know I stumble with my crutches.” My situation offered my student an analogy that she could understand and relate to.

These are just two instances that provided valuable teachable moments to my students which otherwise might not have existed had I not experienced a “stumble” in my life. So when you stumble on life's road, just remember you have choices. A positive attitude will only help you. The main thing to remember is that in the midst of chaos you need to stay focused in order to maintain balance and center yourself before you can move forward. Life has its challenges and obstacles, and we are not guaranteed a smooth ride on this journey. When that moment arrives, and it will, how will you choose to handle these stumbles? My choice is to use them as opportunities to grow and prosper.

*“Sometimes we fall, sometimes we stumble, but we can't stay down. We can't allow life to beat us down. Everything happens for a reason, and it builds character in us, and it tells us what we are about and how strong we really are when we didn't think we could be that strong.” -Gail Devers*





### *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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