

W I N T E R   2 0 1 4

# SMCSLHA

San Mateo County Speech-Language and Hearing Association

## Welcome Aboard

Please join the Board in welcoming our new co-secretary, Jessica Olive.

Jessica brings with her a wealth of experience as she has worked with children and adults with special needs for over 10 years in both school-based and clinical settings. She completed her B.S. in Child Development at Cal Poly San Luis Obispo and her M.S. in Communicative Disorders at San Francisco State. The majority of Jessica's school-based work has been in the Belmont-Redwood Shores School District. She completed her student internship at Cipriani Elementary, and then, after working for a private practice in San Francisco, started her current position at Central Elementary in the spring of 2009. Jessica serves a multi-age caseload with students from kindergarten through fifth grade who have needs in the areas of articulation, language, pragmatics, word finding, and fluency. Jessica lives in San Mateo with her husband, Mat, their 2 ½ year old daughter, Portland, and big gray cat, George.

We are extremely excited to have Jessica join the SMCSLHA Board!!



## What's Going On?

*It's hard to believe that 2014 is nearly here!!* We hope all of our members will join us for our upcoming workshops this March and April. You won't want to miss our two speakers, so make sure to mark your calendars.

**Barbara Hodson, PhD, CCC-SLP, on March 7, 2014**  
Enhancing Phonological and Metaphonological skills of Children  
with Highly Unintelligible Speech: An Update

**Chelsea Miller, Education Specialist, on April 4, 2014**  
Common Core and ULD: Access for All Students

*Please do not contact the San Mateo County Office of Education regarding our workshops. If you have any questions about our workshops or membership please contact Robin Silk at [mslapin@pacbell.net](mailto:mslapin@pacbell.net).*

## *Work Hard, Play Hard* By Jennica Janssen

The holiday season is upon us again. This is the time of year when you start to feel burnt out and mentally exhausted. It's hard to think of ways to find time for yourself and enjoy the little things in life. However, if you adopt a more positive mindset, this holiday season might not be nearly as painful. Find ways to motivate yourself by giving yourself one thing to look forward to each day. This might be as simple as looking forward to your daily run, trying a new restaurant, or going and burning off steam after work with some friends.

Although it is a common misconception that taking time for yourself is inherently selfish, reframe your thought process. By allowing yourself to have even an hour a day of time for yourself, you're keeping a fresh outlook for all of those interpersonal interactions with others that can often be mentally draining. So remember, if you're working hard, you also deserve to reward yourself. Avoid burnout by working hard and playing harder.

## *SMCSLHA Moving Forward*

As the New Year begins, it is a great opportunity to reflect on the past, change what isn't working, and adjust to new circumstances. It is also a time to consider new opportunities and possibilities for the year ahead. SMCSLHA is an organization that is committed to reflecting on past practices and making changes as well as to seeking out new opportunities and new ways in which to reach out to the community.

Currently, the board is working to create a SMCSLHA website to improve communication with its members and the local community. The board is also working on exploring other avenues via technology that would allow us to connect with other professionals and communities throughout all of California. We acknowledge our organization's need to expand, and feel the use of technology will greatly benefit us and enhance our organization in this regard. We also understand all of this takes time to implement. The board is excited about the direction SMCSLHA is headed in the near future.

## *Classroom Performance Assessment*

Dr. Wayne Secord generously donated a copy of the Classroom Performance Assessment (CPA) to SMCSLHA. Wayne Secord, Elisabeth Wiig, Ann Glaser, Carney Sotto, and Jo-Anne Prendeville authored this assessment. The CPA was "developed to help clinicians and educators describe a student's most important language-learning needs and then proceed through a solution-focused process to address those needs." SMCSLHA has made three copies of the CPA so that members may check out a copy for their perusal. Please contact Jessica Olive at [jolive@brssd.org](mailto:jolive@brssd.org) if you would like to find out about the CPA.

## *Who Knew?*

Can you recall these characters real names?

Barbie	<i>Barbara Millicent Roberts</i>
The Pillsbury Doughboy	<i>Poppin'Fresh</i>
Peppermint Patty	<i>Patricia Reichardt</i>
Winnie the Pooh	<i>Edgar Bear</i>
Casper, The Friendly Ghost	<i>Casper McFadden</i>
Shaggy (from Scooby-Doo)	<i>Norville Rogers</i>

## *Need to Contact Us?*

Below is contact information for each of our Board Members.

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

## *There's an App for That!*

Looking for an app that works on following directions?

Try ***Fun With Directions HD*** by Hamaguchi Apps.

With this app students practice listening, following directions, colors, spatial concepts, auditory memory and auditory processing, from simple directions ("Touch the cat") to more complex ("With your orange crayon, color the large one that is a furry pet and likes to chase mice").

The app is available for both iPhone and iPad through iTunes and is \$15.99. Also available is More Fun With Directions, which is also \$15.99.

## *Filling the Year with J-O-Y*

Time spent with family and friends during the holidays can be a great source of joy for many of us. However, all that holiday planning, preparation, travel, and celebration can leave anyone with a feeling of heavy exhaustion. Once the guests have returned home, the last strand of tinsel has been cleared away, and the holidays are behind you, you might be wondering just where that feeling of joy you felt during the holidays has gone. Now before you jump in your bed, pull the covers up over your head and hibernate until joy returns next year, read these tips on how you can hold on to your joy year-round.

- 1) Keep your humor
- 2) Spread kindness and care
- 3) Keep a positive attitude, and express gratitude regularly
- 4) Connect frequently with family and friends
- 5) Do the things that make you smile and feel happy
- 6) Be true to yourself, your family, friends and colleagues
- 7) Listen, love, do, be calm, relax and be YOU

The truth is, we all deserve a little joy in our daily lives, and we don't need to wait for the holidays to come around to experience it. So, make a point to hold on to your joy all throughout the year!

"Joy does not simply happen to us. We have to choose joy and keep choosing it every day."

~Henri Nouwen

# Upcoming Conference & Event Information

- **March 7, 2014 – SMCSLHA Workshop - *Enhancing Phonological and Metaphonological skills of Children with Highly Unintelligible Speech: An Update*** – Presented by Barbara Hodson, PhD, 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](mailto:mslapin@pacbell.net)
- **April 4, 2014 – SMCSLHA Workshop – *Common Core and ULD: Access for All Students*** – Presented by Chelsea Miller, Education Specialist – San Mateo County Office of Education, Redwood City, CA. For more information, contact Robin Silk at 650-454-0729 or [mslapin@pacbell.net](mailto:mslapin@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 website at [www.smcoe.k12.ca.us](http://www.smcoe.k12.ca.us).

For information about CSHA's calendar of upcoming events, visit their website at [http://csha.org/calendar\\_of\\_events/calender\\_of\\_events.htm](http://csha.org/calendar_of_events/calender_of_events.htm).



## Labels

Recently, it was revealed that Susan Boyle, the singer who became an overnight success from Britain's Got Talent in 2009 had been diagnosed with Asperger's Syndrome. She stated, "I've always known I have had an unfair label put upon me." She further stated, "I would say I have relationship difficulties, and communicative difficulties, which lead to a lot of frustration. If people were a bit more patient, that would help."

"Asperger's doesn't define me. It's a condition that I have to live with and work through, but I feel more relaxed about myself. People will have a much greater understanding of who I am and why I do the things I do."

Susan's wise words remind us all about the power of labels. While she is fortunate that she has not let the label of Autism define her, it is scary to think of how many others are not so fortunate. Let's remember this as we work with our own clients/students and not allow a label define them. Let's take Susan's words to heart and remember that we need to help our clients work through and live with their condition, while we educate families so that they will gain a greater understanding of their family member.

# *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](mailto:taxio@comcast.net) for pricing or more information



## SMCSLHA

c/o Robin Silk  
108 Arundel Road  
San Carlos, CA 94070