



# parentpages

A newsletter for families of Easter Seals

September/October 2009



Anna Jain

## Parent Quote of the Month!

“Everyone works as a team to provide great therapy for Alex. He has progressed well with all of their assistance and dedication”.

[www.ci.easterseals.com](http://www.ci.easterseals.com)

## MARK YOUR CALENDAR!

Below are trainings available in the community that you may find to be of interest.

**These are free trainings offered by Child and Family Connections #14.**

2016 N. Knoxville, unless otherwise specified. Call 999-7002 to register:

**SEPTEMBER 9th 1-3:00pm**

“Transition Process from EI to Families Next Step” – Provided by The Local Interagency Council (LIC)

**SEPTEMBER 15th 5:30-7:30pm**

“Communicating: Sign Language, Picture Exchange Communication, and Other Devices” Presented By: Early Intervention Providers

**SEPTEMBER 21st 6-8:00pm**

“1-2-3 Magic” at the Pekin Public Library Presented By: Jamie Capitelli

**SEPTEMBER 21st 6-7:30pm**

“IEP/Being Your Child’s Best Advocate” – provided by Linking All Families (LAF)

**SEPTEMBER 26th (Time TBA)**

“Family Training: Potty Training, Sleep Concerns, & 1-2-3 Magic” Presented By: Early Intervention Providers

**OCTOBER 5th “1-2-3 Magic”**

(Spanish) Presented By: Jamie Capitelli

**OCTOBER 14th 1-3:00pm**

“Community Resources” – Provided by: The Local Interagency Council (LIC)

**OCTOBER 19th 6-7:30pm**

“Protected Tomorrows: Planning for the Future” – provided by Linking All Families (LAF)

**OCTOBER 21st 5:30-7:30pm**

“1-2-3 Magic” Presented By: Jamie Capitelli

## Others include

**SEPTEMBER 17th 6:00pm** “Caring for a Crying Baby” At Fondulac District Library 140 E. Washington Street East Peoria, IL 61611 –

Presented by: Sara Hammond, R.N., Child Car Connection and the

Tazewell County Health Department.

For information call 309-699-3917

**SEPTEMBER 17th 5:30-8:00pm**

“The Parent Café” at The Baby Fold 612 Oglesby Normal, IL for reservations contact Maureen Sollars at 309 888-5539 or

[Maureen.sollars@mcleancountyil.gov](mailto:Maureen.sollars@mcleancountyil.gov)

**OCTOBER 16th 8-3:30pm**

“3rd Annual Tri-County Autism Conference” at Embassy Suites Hotel East Peoria, IL. Parent/Family Member \$100.00 contact Kelli Metzler 309-444-5326 or

[jkmetzler.1@comcast.net](mailto:jkmetzler.1@comcast.net)

**OCTOBER 24th 9-3:30pm**

“Rest, Retreat, Revitalize Your Mind, Body, and Spirit” at Northminster Presbyterian Church 10720 N. Knoxville Ave. Peoria, IL 309-691-6322. Registration fee of \$15 includes continental breakfast and a gourmet luncheon. Please make checks payable to: Northminster Presbyterian Church and mail your registration no later than October 12th to: Marcia Wallace Angel’s Arms Conference Northminster Presbyterian Church.

## Peoria Autism Run/Walk

Come join us for the “Hope for Autism One Step at a Time” Run/Walk September 19, 2009 at the Peoria Riverfront River Plex. For more information contact April Leopold at 309-686-1177.

## Bloomington Autism Walk

The Autism Society of McLean County walk is September 19, 2009 at the Tipton Trails in Bloomington. For more information contact Wendy Trotter at 309-663-8275.

### Sensory Diet Parent Training Class

January 18th through March 8, 2009 (Mondays) from 5:30-7:00pm Easter Seals will hold an eight week "Sensory Diet Parent Training" in Peoria. This class is for parents, family, or caregivers (18 years or older). Topics covered include: What is sensory processing, what is a sensory diet, and strategies for problem areas (such as sleep or tooth-brushing). Instruction, ideas, and handouts will be given for vestibular (movement), proprioception (muscle sense), tactile (touch), visual (seeing), auditory (hearing), and oral and olfactory (mouth and smell) processing. A loan program of sensory equipment and books will also be available. The class fee is 1 adult \$100, 1 adult (+ 1 to 2 additional participants) \$150. Registration is limited and the deadline for registration and payment is December 15, 2009. For more information regarding your registration contact Jennifer at 309-686-1177x2202. Financial assistance is available for this session through limited scholarships, sliding fee scale, and outside resources. If interested please contact Sally Kennedy at 309-686-1177x2208. We are very sorry, but child care is NOT available for this class, please plan accordingly.

### Car Seat Check Event Schedule

There are Car Seat checks being held in the Peoria area, the dates and locations are listed below. For an appointment call 309-925-5511.

September 2, 2009 – KOHL'S (East Peoria) 1-4pm (Appt. necessary)

September 8, 2009 – 2601 W. Forrest Hill (Peoria) 1-4pm (Appt. necessary) 1-877-277-6543

September 12, 2009 – Mike Murphy Ford (Morton) 9am-1pm

September 12, 2009 – KOHL'S (Peoria) 1-4pm

September 17, 2009 – Pekin Fire Department 1-4pm (Appt. Necessary)

September 26, 2009 – Pekin Kroger (TBA)

October 7, 2009 – East Peoria Fire Department (Appt. necessary)

October 13, 2009 – Peoria State Farm 1-4pm (Appt. necessary) 1-877-277-6543

October 15, 2009 – Pekin Fire Department 1-4pm (Appt. necessary)

### Calling all Easter Seals Families!

An Easter Seals fundraising team is looking to collect your favorite recipes in a cookbook to raise money for the 2010 and 2011 telethons! If you are interested in being a part of this effort, please email [cbahr@cgn.net](mailto:cbahr@cgn.net) with the following information:

- Your name (or your child's name)
- A picture (optional)
- How long you've been with Easter Seals
- Why Easter Seals is important to you
- Your favorite recipe(s) and why they are your favorites

We would love to get as many families involved as possible, so please submit your entries for inclusion in the cookbook, and feel free to send as many recipes as you like! Thank you in advance for your contributions, and we will let you know when the finished product becomes available!

### Developmental Screening

A developmental screening is a "learning check-up" for your child. Screenings provide information about your child's development. The screenings are free within your community. Call for Screening Locations and to Schedule a Developmental Screening at Local Interagency Council (LIC) 309-999-7030.

### Illness and Flu Season

This is the time of year for colds and flu's. Please cancel an appointment if you or your child is sick. Germs spread easily and the best way to avoid getting sick is prevention. Hand sanitizers are available at the front desk and in therapy rooms. We wish a healthy fall and winter for our families and staff.

### October is Physical Therapy Month

Pediatric physical therapists (PT's) work with children and their families to assist each child in reaching their maximum potential to function independently and to promote active participation in home, school, and community environments. As primary health care providers, PT's also promote health and wellness as they implement a wide variety of supports for children from infancy through adolescence in collaboration with their families and other medical, educational, developmental, and rehabilitation specialists. Pediatric physical therapy promotes independence, increases participation, facilitates motor development and function, improves strength and endurance, enhances learning opportunities, and eases challenges with daily care giving.

The pediatric PT collaborates with the family to promote development and implement an individualized intervention program for the child. This can include:

- Positioning during daily routines and activities
- Adapting toys for play
- Expanding mobility options
- Using equipment effectively
- Facilitating safety for the home and community
- Providing information on the child's physical and health care needs
- Smoothing transitions from early childhood to school and into adult life.

Easter Seals would like to thank the PT's for their dedication to serving our clients and families.

### Physical Therapists

Gretchen Meyer  
Stephanie Polka  
Karyn Hawbaker  
Erica Gleason  
Shannon LoPiccolo  
Becky Bradley  
Lynn Gorsuch  
Kory Kaeb  
Jillian McGriff  
Jamie Fifarek