



The Speech, Language & Hearing Association of the Hudson Valley

Serving Speech-Language Pathologists and Audiologists of the Hudson Valley

SHAHV E-Newsletter

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Executive Council 2014

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Dear SHAHV Members,

Spring has finally SPRUNG in the Hudson Valley!

As the last vestiges of Winter become faint memories, SHAHV has been busy planning a roster of exciting events for our membership. We are pleased to announce that SHAHV has been awarded the BRAP New York State Regional Association Award for 2014! We were nominated for this award in large part due to the fact that almost HALF of our Executive Board is now made up of recent graduates in the field of Speech Language Pathology. SHAHV will receive this award at the upcoming NYSSLHA conference.

Our executive board has also been busy partnering and planning an upcoming CEU event, our annual Spring conference to be held in May. We are very excited to announce that Sue Antonelis, AuD., CCC-A, will be joining us to speak about audiological intervention for SLPs.

Please join us in welcoming new board members, Lindsay Welch, Treasurer, Jessica Scanna, co-newsletter chair, and Alicia Lore, co-newsletter chair. We are very excited about the enthusiasm that they bring to their positions and look forward to a very exciting Spring and Fall!

Happy Spring!

Andrea Abramovich

SHAHV President

Annual Spring Conference!

Saturday, May 17th, 2014
8:00am to 4:00pm

The Garden Plaza Hotel
503 Washington Avenue
Kingston, NY 12401

Join us Saturday, May 17th for our Annual Spring Conference!

Please welcome **Dr. Susan Antonellis AuD., CCC-A**, the Clinical Coordinator of Audiology at the St. John's University Speech and Hearing Center in Queens, New York, as she presents on:

Audiological Concepts and Aural Rehabilitation for the SLP

Please refer to our website www.shahv.org for the complete brochure and further details.

Upcoming Events

May 1 - 31, 2014

Better Hearing and Speech Month

- **Keep your eye out for Janet DeWitt's weekly BHSM Newsletters**

Nov 20 - 22, 2014

2014 ASHA Convention Orlando, Florida

- **For more information visit the [ASHA website](http://www.asha.org)**

Any upcoming workshops in your area?

Let us know we will post it here!

A Look Back at the Fall 2013 Conference

This past fall we were fortunate to have had **Cindy Geise Arroyo, D.A. CCC-SLP** present on "Interventions for Pediatric Feeding and Swallowing: A Problem Solving Approach" for our annual SHAHV fall conference.

Rosemary Griffin, MA, CCC-SLP, Director of Speech-Language Pathology at Vassar Brothers Medical Center offers members her review of the conference:

"Dr. Arroyo provided a fast paced, comprehensive and pragmatic presentation on pediatric feeding and swallowing in the clinical setting as well as the home environment. Her review of normal motor development and the significance of proximal stability for enhanced oral motor function was a highlight; such an important factor for providers to achieve and to instruct parents and caregivers. Dr. Arroyo's expertise, clear explanations and insightful video samples offered a pathway to evaluate and troubleshoot feeding and swallowing concerns in our youngest patients. SHAHV leadership offered a tremendous learning opportunity to the Hudson Valley Speech-Language Pathologists working in the homes, schools and hospitals."

Fall Conference "Take Away Tips"

- Goals for all children:
 - Safe feeding
 - Adequate nutrition
 - Pleasant mealtimes
- Set the stage for optimal feeding performance:
 - free from distractions
 - ensure infant is hungry & in quiet-awake state
 - assess baselines
 - provide developmental feeding support
- Stability leads to mobility
- Only change 1 variable at a time
- #1 cause of strokes in children?? **DEHYDRATION!!!**

RED FLAGS:

- congestion/coughing/gagging
- frequent changes in color/state during/after feedings
- poor/unmanageable suck-swallow-breath coordination
- any of the above with pneumonia, frequent URI or non-resolving chronic lung disease
- limited progress
- poor weight gain despite increased intake
- arching, irritability, food refusal
- noisy/wet breathing during/after feeding

Suggested resource: Pre-Feeding Skills- 2nd Ed. (2000) by Morris & Klein

facebook

Did you know that SHAHV is now on facebook? Check us out by clicking [here!](#)

Our 2014 SHAHV Scholarship Winners!

Scholarship Winners!

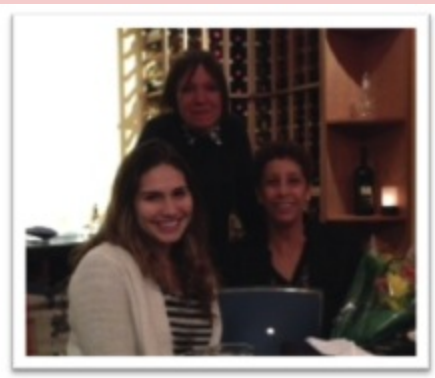


Sarah Wiegmann (left), and Arielle Rubenstein (right) with SHAHV Scholarship Chairperson, Juli LaMoy (center).

On January 30th, 2014, SHAHV awarded its 2014 scholarship to one undergraduate and one graduate Communication Disorders student from SUNY New Paltz. Undergraduate, **Arielle Rubenstein**, is a current member of SHAHV and is also president of the SUNY New Paltz NSSLHA chapter. She will receive her undergraduate degree in both Communication Disorders and Linguistics this coming May. Yes, you read that right! She's a double major! Arielle looks forward to expanding her knowledge-base in the aspects of nonverbal social communication in students with ASD as well as the psycholinguistic and neurological aspects of language processing post brain damage.

SHAHV's graduate scholarship winner was **Sarah Wiegmann**. Sarah is a member of SHAHV, NYSSLHA (New York State Speech Language and Hearing Association), and NSA (National Stuttering Association). In her letter to the Scholarship Committee, Sarah shared that she has stuttered her entire life and that this has been the primary motivation and desire for her to become a speech-language pathologist. She will receive her masters degree in Speech-Language Pathology in August of 2015. Arielle and Sarah were each awarded \$1,000 for their academic success and dedication to the field of Speech-Language Pathology!

Distinguished Service Award



Vikki Grillot (pictured right) with SHAHV president, Andrea Abramovich and SHAHV Secretary and Membership Chair, Katja Izzard.

SHAHV's Distinguished Service Award goes to.....

Vikki Grillot! The purpose of SHAHV's Distinguished Service award is to recognize an individual who displays exceptional dedication to the service of others in the community by supporting those having communication or developmental disorders or by promoting the professions of speech-language pathology and audiology. Vikki is an Occupational Therapist and had worked with the pediatric population for 24 years prior to transitioning to working with the geriatric population. Vikki presently works at the Lutheran Care Center in Poughkeepsie, NY with the short term rehabilitative population for the past three years.

Not only can Vikki share her work-related experiences, she also offers us her experiences as a consumer and family member. As a child, she received speech-language services for articulation therapy due to a significant overbite. Additionally, one of her most important experiences occurred after her father suffered a mid-brain lesion resulting in severe dysphagia requiring PEG tube feedings. However, through the use of Biofeedback, her father successfully resumed oral feedings and had the feeding tube removed after approximately one year. Lastly, Vikki's sister-in-law, Liz, was unfortunately diagnosed with amyotrophic lateral sclerosis (ALS) in 2012. Unlike Vikki's previous positive experiences with speech-language pathology services, Liz was denied adequate intervention resulting in limited communication skills with her loved ones during her last final days. Vikki pleads with all of us to "treat our clients as if they were members of our family" and to stay mindful of the profound impact we make on a person's quality of life, communicate with other health professionals, and to support each other's goals. Well deserved Vikki!

Our Golden Apples



2013 Golden Apple Award Recipients

This year, SHAHV had a total of 3 Golden Apple Award recipients! **Erin Gephard, Rebecca Robbins, and Kristen Trubisz** were all selected to receive this dubious honor.

Erin Gephard is a New York State Licensed Speech-Language Pathologist who graduated from SUNY Plattsburgh. She is currently employed by the Valley Central School District and also provides early intervention services part-time. Erin has been a member of SHAHV since 2001 and served as newsletter editor from 2007-2013.

Rebecca Robbins is an ASHA certified, New York State Licensed Speech Language Pathologist. She received her Masters of Science in Speech Language Pathology from the State University of New York at New Paltz. Rebecca specializes in the treatment of Autism Spectrum Disorders, Apraxia treatment, and the remediation of executive functioning skills. She currently works at a private school for children with Autism, The Center for Spectrum Services in Ellenville, NY. Rebecca also does private work training families and providing workshops, and is in the process of establishing her own practice, Mind ShaperSLP. She is currently also working as a consultant on a Canadian based project, The Enthusiasm Experiment, which is a project that is being developed into a documentary chronicling a six-year-old boy with autism's response to enthusiasm-based therapy techniques. Rebecca served on the executive board of her regional professional association, Speech Language and Hearing Association of the Hudson Valley (SHAHV), as treasurer from 2007-2013.

Kristen Trubisz attended Bloomsburg University for undergrad and received her Masters from SUNY New Paltz. She has worked in several settings with children and adults with severe developmental delays. Kristen is particularly interested in Augmentative Communication and Dysphagia. She stated "It was my pleasure to serve SHAHV as Secretary and Membership Chair between 2009 and 2013".

Each of our recipients were awarded the Golden Apple Award for their outstanding dedication and service to the profession. And for that, we thank you



SHAHV President, Andrea Abramovich (left) pictured with Golden Apple recipient, Rebecca Robbins.



Is your SHAHV Membership up-to-date?

Memberships run from January 1st through December 31st of every year

Several perks to becoming and remaining a SHAHV member include:

- *Discounts on SHAHV sponsored opportunities for NYS continuing education credits and ASHA CEUs.*
- *Quarterly SHAHV newsletters containing valuable information.*
- *Access to contacts within the local SLP and Audiology community!*

Visit our [website](#) today to renew!

Well, isn't that Pinterest-ing...



[Pinterest](#) is a wonderful resource for the Speech-Language Pathologist and Audiologist. Hundreds of ideas can be found with a simple 'search'.

Our newsletters will now include some of our favorite Pinterest pins to share with you! Feel free to click on the blue hyperlinks within each idea for additional information.

Have a student who LOVES the Cranium Cariboo Treasure Game?

Well, [Amy Loves Crafts](#) has a wonderful idea to repurpose this particular game, to use in therapy!

Swap out the cards with target words, photos and you've got a fun and motivating speech-language activity!

[Constantly Speaking](#) is an excellent website/blog jam packed with therapy ideas! Check out this particular idea using an EET (Expanding Expression Tool).

****HOT TIP**** (With a few colored beads, and a Sharpie, you too can create your own EET!)



Have you ever considered incorporating science into your sessions? If not, you should give it a try! Science experiments with your students/clients may increase motivation, attention and are a wonderful way to target speech and language. Check out [Science Bob](#) for tons of hands on science experiments!

Do you have a therapy idea to share with our SHAHV community? Feel free to send it to:

shahvnews@yahoo.com

SHAHV Spotlights

We want to welcome several new executive board members to SHAHV!

Katja Izzard is the Secretary and Membership Chair for SHAHV. Currently, she is afforded the opportunity to work for a variety of clients in meaningful ways. In addition, she appreciates the "grand" approach to sharing our profession at the broad level. She is involved with the organizational culture of SLPs since the beginning, and it remains as one of her true passions.

Lindsay Welch grew up in the Hudson Valley. She studied Communication Disorders and Sciences at SUNY Geneseo and received her Masters degree from SUNY New Paltz in 2009. Since that time, she has worked at the Center for Spectrum Services in Kingston providing speech-language therapy to children with Autism Spectrum Disorders as well as providing Early Intervention and Preschool services after school. Lindsay is enthusiastic about joining the executive board as treasurer and looks forward to being an active member of the local speech, language, and hearing community in the region.

Jessica Scanna recently graduated with her Masters of Science degree in Communication Disorders from SUNY New Paltz. She is currently a Clinical Fellow at The Center for Discovery in Harris, NY. Jessica enjoys working with individuals with varying developmental delays and maintains a strong passion for AAC technology. She is presently the co-newsletter editor for SHAHV.

Alicia Lore recently graduated with her M.S. in Communication Disorders from SUNY New Paltz. She was awarded "Outstanding Graduate" upon completion of her program. Alicia is currently employed with Language Fundamentals, Inc., working in a skilled nursing & rehabilitative center diagnosing and treating adults with a variety of swallowing and communication disorders. She is presently the co-newsletter editor for SHAHV.

What's new in the E-Newsletter?

As you have already noticed, SHAHV has decided to go "green" with the development of an E-Newsletter. This new interactive format will provide members with access to various websites which contain useful information related to Speech-Language Pathology and Audiology. All you have to do is click on the blue hyperlink, and you will be automatically directed to our recommended websites!

SHAHV's Swap n' Sell



Do you have resources/materials that you are looking to swap for something different? Are you ready to hang your therapy hat and sell your treasures? Well, we just might have the thing for you!

Let us know what you are looking to sell, or are looking to buy and we will post it within our next newsletter. Please mail all requests to shahvnews@yahoo.com

We ask that you please limit your Swap n' Sell requests to 5 items per person. Please also state the item's condition, price as well as your contact information.

Interested in becoming the featured school/facility to share a lesson plan in a future newsletter?

Please send an email including: your name, position, school/facility's name, target population, event or activity, and picture or lesson plan to shahvnews@yahoo.com. We would like to feature one school/facility and one lesson per newsletter and rotate counties.

