

# ECL Monthly news & updates

April 2022

2022 April <span style="float: right;">First Words 1</span>						
Notes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
						
3 Notice to see if your child can follow sounds	4 Play peek-a-boo	5 Practice clapping and saying "hey" with your child	6 See if your child will turn toward you when you say their name	7 Have your child reach up so you to be picked up	8 Copy the sounds your child makes	9 Build a tower and have your child knock it down
10 Teach following directions, "Come here"	11 Read an animal book with your child	12 Blow bubbles and watch to see where they land!	13 Sing The Wheels on the Bus	14 Play outside with shoes off	15 Do something to make your child laugh	16 Read a book with your child
17 Look for hidden eggs in the basket	18 Play with pipe and make holes in a block	19 Give 5 people a high five today	20 Put an animal that is in the zoo	21 Practice counting from 1 to 5 with your child	22 Wash a container from the recycling and put things in it	23 Sing Row, Row, Row Your Boat
24 Will your child follow the direction "Give me a hug?"	25 Make an obstacle course in your living room	26 Pass a ball back and forth	27 Point to a book and talk about what they are	28 Use the sign that's being made today	29 Play dress-up	30 Copy the sounds your child makes

Early Communicator Calendar

2022 April <span style="float: right;">First Words 2</span>						
Notes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
						
3 Find three things that are "big"	4 Play hide and seek. Say "I see you!"	5 Talk about what people are doing in a book (like a waiter)	6 Repeat the word "in" when cleaning up	7 Ask your child "Where is the light?" and see if they can point	8 Saw if your child can point to their hat, tummy and feet	9 Build with blocks together
10 Teach following directions, "Use the big ball"	11 Read an animal book with your child	12 Blow bubbles and see about where they land!	13 Sing The Wheels on the Bus	14 Play outside with shoes off	15 Do something silly together	16 Read a book with your child
17 Have an egg hunt (on, up, in, by under)	18 Play with pipe together	19 Give 5 people a high five today	20 Put an animal that is in the zoo	21 Ask "Who is that?" and point to the favorite character	22 Make a toy from recycled materials today	23 Sing Row, Row, Row Your Boat
24 Follow the direction "Give me a hug and a kiss"	25 Make an obstacle course in your living room	26 Kick a ball back and forth	27 Point to a book and talk about what they are	28 Say "eat" or "eat" during meals today	29 Play dress-up	30 Follow the direction "Put the toy up" container.

First Words Calendar

2022 April <span style="float: right;">Expanding Language 3</span>						
Notes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
						
3 To a color (orange/red) find something red. )	4 Walk around your neighborhood and talk about what you see	5 Find 5 things made of wood	6 Build something out of blocks	7 Make silly faces in the mirror	8 Visit the zoo and talk about what you see	9 Draw a picture of your family
10 Take your dog for a walk	11 Make a gift for someone (What did you do "to" ...?)	12 Pretend to be a favorite character from a book	13 Plant seeds in a pot or garden	14 Look at the stars and pretend to be an astronaut	15 Do something silly together	16 Make up a poem
17 Have an egg hunt (on, up, in, by under)	18 Make or draw a pizza with your favorite toppings	19 Give 5 people a high five today	20 Sing the alphabet	21 Draw a picture of your bedroom	22 Earth Day Make a craft from recycled materials	23 Cook pancakes for dinner
24 Call a family member who lives far away	25 Make an obstacle course in your living room	26 Tell someone about your favorite birthday party	27 Be a superhero and help someone	28 Get dressed all by yourself	29 Cook your child's favorite pizza (L, M, N, O, P, Q, R, S, T, U, V, W, X, Y, Z)	30 Try a new food

Expanding Language Calendar

# Tried & True Tips from a Therapist

by Jennifer Parpacen-Smith, OTR/L

## Play with your Food!



Children learn best through play. This is also true when it comes to food and learning to eat well. Allowing babies and children to play with their food can decrease food aversions. Playing with food can also help with language development, problem solving skills, concentration, and comfort in trying new things, like foods.

Food play can look different depending on the

child's age or developmental stage. Here are some ideas for how to use play with food for children at different stages.

**Birth-2: During this stage, children learn through their five senses and through movement and exploring with their environment.**

- Allow baby to explore foods with messy play while seated in the highchair. Place wet foods out on the tray or plate and allow the child to explore with their hands/tools (teethers, utensils).
- Set up a tablecloth on the floor and try some of these **edible play activities**.



**Age 2-6 Children start playing more pretend games and role-playing games.**

- Pretend play with dolls, actions figures or other toys, that can be “fed” the foods alongside your child.
- Create funny faces on a paper plate using various food items. **Click here** for more ideas like this.
- Include children in the **preparation of meals** and snacks by giving them safe jobs, like stirring ingredients, washing fruits and vegetables, and serving their own drinks.

**Age 7-10 Play takes the form of problem solving and figuring out the world around them.**

- Continue to include children in the kitchen with jobs like peeling fruits and vegetables, researching and reading recipes, and gathering ingredients.
- Introduce food themes to try new things together (**homemade pizza night**, **sushi night**-kid-friendly)



**Children of all ages should always be supervised during meals, snacks and while preparing food.** Ask your ECI team for more information on the importance of playing with food.

## Spotlight Story - Avery Pena



by Desiree Garcia

My husband and I welcomed our extra beautiful and extra sweet baby girl on August 1, 2019. At 10 weeks pregnant I found out my baby would have the possibility of being diagnosed with Trisomy 21. At 26 weeks pregnant the diagnosis was confirmed. She was fearfully and wonderfully made and blessed with a 21st chromosome. She is such a gift. Three months after Avery was born, she began her

journey with ECI. This program has been a godsend and the best guide for our family. Not only has our ECI team taught me to work with Avery to help her meet and exceed her developmental milestones, they have also provided support, comfort and reassurance to me as Avery's mother. Avery and I have built a great and comfortable relationship with all of her therapists, Elena OT, Erika ST, Kathy PT, Michele EIS and Cheryl, case manager. The team of therapists along with Cheryl as our service coordinator has been top-tier incredible in the help they have provided to our family.

Since Avery started with ECI she has excelled at every milestone that is in front of her. While Avery amazes me every day, I have to say that these milestones would not have been reached as easily or as gracefully as they have without the guidance of her therapists.

Elena, Avery's OT, has always been two steps ahead to make sure that Avery would never fall behind and I am grateful for the gentle and comforting approach she has had with Avery from day one. We have been so blessed with Avery not having many medical issues at all but she has had two main concerns that we have worked on with therapy, those being low muscle tone and aspiration. I am so proud to say that with the help of Elena and Kathy, Avery began walking at 19 months without needing any type of ankle brace or walker assistance.





Another exciting milestone came a little after two years of age when Avery quit aspirating and was completely cleared of her swallowing problems. With Erika's care we were able to get Avery off of thickened liquids and we are filled with relief and happiness. Once we were no longer concerned with aspiration, Erika has helped Avery stay on top of her speech development. Avery began signing at six months and she is now saying small sentences. I'm very grateful for the kind approach that Erika uses to work with Avery. She has helped with the communication between my child and me and that is huge. Among these two advances

were a bunch of smaller milestones that were surpassed with the help of ECI.

Michele has recently joined our team to help with the transition out of the program and into school and she has also been just as amazing as everyone else. Needless to say ECI has a team of angels and we are definitely going to miss every person we've had the pleasure of working with.



Our Easter Seals organization recently lost a member of our family. Dora Clevenger passed away December 8, 2021 following a long battle with cancer. Dora served ECI children and families for 19 years at Easter Seals. Prior to coming to Easter Seals she served children and families through the PACES ECI Program with the Center for Health Care Services. Dora gave the families and children she worked with her very best. For those of us who were fortunate enough to know her, Dora was a true friend. She seemed to know if someone was having a struggle and regardless of how she felt, was there to offer encouragement and a smile. Dora will continue to be missed by all of us. We were truly blessed to have had Dora as part of

IN LOVING  
*Memory*

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*Dora M. Cleverger*

April 5, 1965 - December 8, 2021

our Easter Seals organization.

"Dora was my dear friend who I miss so much each and every day that passes by. She was the most compassionate and loving person. Her smile made me smile. Dora is someone who touched the lives of so many and will be remembered in many ways. I miss you, Dora. You are always in my heart." -Velma Hudson, EIS

"Dora was such a beautiful friend of the heart. No matter what was going on, she always had something positive to say and had a smile on her face. She was always willing to do what she could to help others and made sure everyone was okay. I remember the thoughtfulness and detail she put into making sure my baby shower was perfect over 22 years ago. No matter what we talked about or how many times we got on each other's nerves, we always ended our conversation with, 'okay friend, be careful and take care.' Dora will forever be loved and missed."

-Sarah Washington, EIS

A plaque will be hung in the lobby of Easter Seals in her memory.

Please share any memories or photos you have of Dora.

A collection will be put together for the family.

## Memories of Dora



The Spring Tee 2022 was held March 5th. This event was part of our Family Engagement Series. We had several families come out and participate in putting, photos, accessible SNAG Golf, and the raffle.



Many thanks to our sponsors:

[TPC](#)  
[Kelly Ellis Golf Brands](#)  
[Callaway Golf](#)  
[River Crossing Club](#)

The [Johnson High School Golf Teams](#) and TPC Golf Pro [Greg Hiller](#) volunteered their time and talents to the event.

Please watch your email for upcoming Family Engagement events. These events aim to bring experiences, workshops

March 2022

SUN	MON	TUE	WED	THU	FRI	SAT
Ticket #: SAMPLE						
						
<b>1</b> Perico's Mexican Restaurant Gift Card (\$50 Value)	<b>2</b> Adventures from Scratch Family Edition Book (\$40 Value)	<b>3</b> Simply Put Mama Bear Accessories Basket: Hat, Necklaces Soap/ Scented (\$50 Value)	<b>4</b> San Antonio Museum of Art One-Year Family Membership (\$110 Value)	<b>5</b> Let's Roam! Family Scavenger Hunt up to 10 Players (\$70 Value)		
<b>6</b> Pampered Chef Salad Prep & Serve Gift Basket (\$110 Value)	<b>7</b> Let's Roam! Date Night Scavenger Hunt 2 Players (\$30 Value)	<b>8</b> Girl's 20" Coaster Bike with Toy Erase Helmet (\$125 Value)	<b>9</b> Tiff's Treats Gift Card (\$50 Value)	<b>10</b> Sam's Club Gift Card (\$50 Value)	<b>11</b> San Antonio Zoo (4) Day Passes (\$120 Value)	<b>12</b> Kendra Scott Necklaces & Jewelry Set (Value \$108)
<b>13</b> Backyard Camping Package (\$100 Value)	<b>14</b> Adventures from Scratch Date Edition Book (\$40 Value)	<b>15</b> Nothing Bundt Cakes BundtCakes for One Year (\$57 Value)	<b>16</b> Publix Performance Products Burner Pro Plus Escorte (\$40 Value)	<b>17</b> Chick-Fil-A Gift Card (\$30 Value)	<b>18</b> Best Quality Daughter Restaurant at The Pearl Gift Card (\$50 Value)	<b>19</b> SeaWorld Tickets 4-Park Day Passes (\$90 Value)
<b>20</b> Tenko Ramen Restaurant at The Pearl Gift Card (\$50 Value)	<b>21</b> Board Game Basket with Eight (8) Games & Puzzles (\$135 Value)	<b>22</b> Bill Miller Gift Basket with Gift Card (\$40 Value)	<b>23</b> Let's Roam! Date Night Scavenger Hunt 2 Players (\$50 Value)	<b>24</b> BaySeas Restaurant Gift Card (\$50 Value)	<b>25</b> Perico's Mexican Restaurant Gift Card (\$50 Value)	<b>26</b> Boy's 20" Wake Out Bike & Reebok Helmet (\$150 Value)
<b>27</b> Morgan's Wonderland 4-pack Tickets (\$78 Value)	<b>28</b> Let's Roam! Family Scavenger Hunt up to 10 Players (\$70)	<b>29</b> Tiff's Treats \$50 Gift Card	<b>30</b> Girl's Toy Basket with Barbie, Spidee, Hello Kitty & More... (\$130)	<b>31</b> San Antonio Botanical Gardens Plant Membership (\$90 Value)	Easter Seals ECI Program Calendar Raffle A \$1000 every day in MARCH! Ticket Price: \$5-00 Easter Seals Rehabilitation Center 2300 Babcock Road San Antonio, TX 78229 210.634.3911	

The 5th Annual Easter Seals Calendar Raffle was a HUGE success with over 950 tickets sold!

Thank you to everyone who supported our ECI program through the purchase of raffle tickets and to all the donors who made the amazing prizes possible.

Congratulations to all the winners. To view the complete list of **WINNERS** click here.

We look forward to another great raffle next year.

## 2022 Calendar Raffle Donors

[The San Antonio Museum of Art](#)  
[Nothing Bundt Cakes](#)  
[National Outdoors Army Surplus](#)  
[BaySeas Seafood](#)  
[Sam's Club](#)  
[Perico's Mexican Restaurant](#)  
[Scavenger Hunts by Let's Roam](#)  
[Adventures from Scratch](#)  
[JBSA-EFMP:Family Support](#)

[Tiff's Treats-Alamo Ranch](#)  
[Kendra Scott](#)  
[Morgan's Wonderland](#)  
[The San Antonio Zoo](#)  
[Bill Miller BBQ](#)  
[SeaWorld San Antonio](#)  
[Tenko Ramen](#)  
[Best Quality Daughter](#)  
[San Antonio Botanical Gardens](#)

### Reminders



Easter Seals Rehabilitation Center



Easter Seals Rehabilitation Center

will be closed April 8, 2022 in observance of Battle of Flowers.

will be closed April 15, 2022 in observance of the Easter Holiday.



Is Your Child The  
*next*  
**ECI**  
*SuperStar?*

We'd love to share your child's ECI journey!  
If you'd like to be featured in the "**ECI Spotlight Story**" segment, click below.

[I'm a SuperStar!](#)

## COVID-19 Updates

Check our [website](#) periodically for the latest memos from our Executive Director, Linda Tapia, click on the orange alert bar at the top on the page.



If you are in need help accessing resources, please contact your service coordinator. If you are in need of someone to talk to to help cope with the changes revolving around COVID-19, please contact your service coordinator to reach out to our counseling department. They will follow up with you to help in this critical time.

## April Awareness Observations

### April is Occupational Therapy Month!

Every April, we celebrate Occupational Therapy Month to honor this vital profession and the meaningful differences it makes in the lives of our families. Thank your OT today!

Pediatric OT: Where PLAY gets the WORK done!



### Month-Long

- Alcohol
- American Cancer Society Month
- Autism



- Child Abuse Prevention Month - (U.S.)
- Community Service Month
- Hypoxic Ischemic Encephalopathy (HIE)
- Irritable Bowel Syndrome (IBS)
- Limb Loss
- Occupational Therapy
- Oral Health Month
- Parkinson's Disease
- Primary Immunodeficiency

### Days

- April 1 - Youth Homelessness Matters Day
- April 2 - World Autism Awareness Day
- April 4 - Auditory Processing Disorder
- April 9 - National Alcohol Screening Day
- April 10 - National Youth HIV and AIDS
- April 11 - Parkinson's Disease International.
- April 13 - Functional Neurological Disorder
- April 17 - World Hemophilia Day
- April 22 - Earth Day
- April 25 - World Meningitis Day
- April 25 - World Malaria Day
- April 29 - Make-A-Wish Day



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**TEXAS**  
Health and Human  
Services

*Early Childhood Intervention*

Easter Seals Rehabilitation Center  
is a contracted provider of  
Texas Early Childhood Intervention  
Services and partially funded by  
Texas Health and Human Services.