



easterseals





Easter Seals

Rehabilitation Center





ECL Monthly

news & updates





November|2022

2022 November							
Notes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
			1 Read a book by your favorite children's author	2 Invite rolling a car train back and forth	3 Use the sign "eat" during breakfast	4 Play with pretend food. Feed your dolls or stuffed animals	5 Sing if You're Happy And You Know It Clap Your Hands
6 Hide a ball under a blanket. Ask, "Where's the ball?"	7 Let your child explore a new food like a sweet potato	8 Point to the direction "Get your cup"	9 Follow the direction "Get your cup"	10 Take a family photo. Say "smile"	11 Look at old photos and tell your child a family story	12 Make an art project with a family photo (put up with food coloring)	
13 Read a book about people from another country	14 Show your child how to sign "Thank you." Help them practice	15 Clean out the refrigerator. Throw out "yucky" food	16 Point to buttons on clothes when getting dressed	17 Take a hike today or go for a long walk	18 Sing Happy Birthday to Mickey Mouse	19 Play with a puzzle together. Can they take the pieces out?	
20 Watch football. Give high fives and say "Yay!"	21 Have a tea party. Practice saying "Thank you"	22 Collect sticks outside and put them in a box.	23 Help in the kitchen today "help" with meal and spoon	24 Sign "eat" during Thanksgiving dinner	25 Ask "Where Disney?" and they turn to look!	26 Be silly. Put socks on your hands and say "no, no, no!"	
27 Do you know anyone with a beard? Ask to meet!	28 Follow the direction, "Put your arm in." when putting on a jacket	29 Sing the Walking Talking song. https://bit.ly/3DkU026	30 Make French toast together. Can you mix the eggs?				

Early Communicator Calendar

2022 November						
Notes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
			1 Read a book by your favorite children's author	2 Play with trains. Practice "train" and "engine"	3 Make a sandwich, put food "on" the bread	4 Play with pretend food. Cook for your dolls or stuffed animals
6 Play with the missing shoe. Put it in, on and under things	7 Feed and eat an orange together. Say "yum"	8 Name the toys you like in class, colleagues	9 Help set the table. Follow the direction "Bring the cup to the table"	10 Take a family photo. Say "smile"	11 Look at old photos and tell your child a family story	12 Make an art project with a family photo (put up with food coloring)
13 Read a book about people from another country	14 Say "Thank you" at least 5 times today	15 Clean out the refrigerator. Throw out "yucky" food	16 Try to button clothes when getting dressed	17 Take a hike today or go for a long walk	18 Sing Happy Birthday to Mickey Mouse	19 Do a puzzle together. Point and say "There"
20 Watch football. Give high fives and say "Yay!"	21 Have a tea party. Practice saying "Thank you"	22 Collect sticks and line them up from shortest to longest	23 Help in the kitchen today "help" with bowl and spoon	24 Sign "eat" during Thanksgiving dinner	25 Ask about the people in your family.	26 Be silly. Put socks on your hands and say "no, no, no!"
27 Do you know anyone with a beard? Ask to meet!	28 Going out today? Can you put on a jacket?	29 Can you answer the question, "What do you want to eat?"	30 Make French toast together. Can you mix the eggs?			

First Words Calendar

2022 November						
Notes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
			1 Read a book by your favorite children's author	2 Play with cars and find things to drive over and under.	3 Learn how to make a sandwich. Cook for your dolls or stuffed animals	4 Play with pretend food. Cook for your dolls or stuffed animals
6 Play with the missing shoe. Put it in, on and under things	7 Do you know how to pool an orange? How does it feel?	8 Name the toys you like in class, colleagues	9 Name a helper and set out the table	10 Take a family photo. Say "smile"	11 Look at old photos and tell your child a family story	12 Make an art project with a family photo (put up with food coloring)
13 Read a book about people from another country	14 Say "Thank you" at least 5 times today	15 Clean out the refrigerator. Throw out "yucky" food	16 Ask a helper and set out the table	17 Take a hike today or go for a long walk	18 Sing Happy Birthday to Mickey Mouse	19 Do a puzzle. Talk about the pictures.
20 Watch football. Give high fives and say "Yay!"	21 Have a tea party. Practice saying "Thank you"	22 Collect sticks and line them up from shortest to longest	23 Help in the kitchen today. What can you help make?	24 What did you eat for Thanksgiving dinner?	25 Talk about the people in your family.	26 Be silly. Put socks on your hands and make up a funny song!
27 Do you know anyone with a beard? Who is it?	28 Going out today? Can you put on a jacket?	29 Can you answer the question, "What do you want to eat?"	30 Make French toast together. Can you mix the eggs?			

Expanding Language Calendar



by Linda Tapia, Executive Director

Non-profit organizations are very dependent upon the generosity of their community for every type of support possible. Non-profits require support from their community to ensure the children and families that will benefit from the services provided are informed and referred to their organization. Our Easter Seals Center is obviously dependent upon the support of individuals and corporations such as MacKenzie Scott, HEB Grocery Company, the Valero Energy Foundation's Benefit for Children, and the Valero Texas Open Champions *fore* Charity organization for their incredibly generous financial support of our Center and the services we provide. We are also grateful for the corporations and businesses who support us throughout the year with in-kind donations for our Family Engagement events and fundraising efforts. Easter Seals couldn't have put on the Spring Tee without the help of

TPC San Antonio. SeaWorld San Antonio contributed two huge packages to us this year to help raise money for our Champions *fore* Charity Campaign. Our Annual Calendar Raffle in March would not be possible without the generous donations of so many community partners.

As a non-profit we are certainly dependent upon the support of volunteers that offer their time to support projects at Easter Seals. This year we have had the opportunity to meet and work with volunteers from both the North East and Northside ISDs. These students and their teachers brought such awesome energy to our special Family Engagement events and we look forward to including even more students in 2023. We are blessed to have the leadership the Easter Seals Board of Directors has provided and continues to provide our Center. Our Easter Seals employees have the experience, skills, and credentials that make them highly qualified to work for other companies and/or organizations that might be able to offer higher salaries and/or benefits yet their talents, skills, and experiences have been dedicated to improving the work of our Easter Seals programs.

Last but not least we are dependent upon each of our ECI families and we are grateful for having entrusted our ECI program with your precious infants and toddlers to our care as your provider of early childhood intervention services. To all of the families currently enrolled and to those families that have previously been served by our ECI program we send you our heartfelt thanks for believing in our mission, our vision and our values. Happy Thanksgiving to each of you and thank you for your ongoing support and belief in our organization. We are truly blessed by all of you who offer us support in every possible way and we look forward to an even greater year together in 2023. Happy Thanksgiving and happy holidays to each of you.

Tried & True Tips from a Therapist

by Julie Broadbent, M.S. C.C.C.-S.L.P.

Turkey and Stuffing and Pie! Oh My!



Look around you in department stores, Pinterest, the grocery stores and you will see and smell the holidays are coming. Thanksgiving and Christmas can be fun and challenging for families of children with special needs. Holidays can be especially stressful for picky eaters and problem feeders. (**Picky vs. Problematic Article**) When you think of Thanksgiving what foods

come to mind... turkey, dressing, vegetable casseroles, pies? When you tell

you little one how much they are going to love turkey and dressing all they hear is a foreign language. **(Everything is a Grasshopper Article)** Why? Often times traditional holiday foods are not seen and tasted throughout the year and this may be the first year your little one will be introduced to these holiday staples. So, what do you do when you already have a picky eater or problem feeder on your hands? Expose them to these new foods, new words, new traditions before the big dinner. Allowing your child to have a trial of holiday foods may help avoid or decrease food refusals when the crowd shows up for Thanksgiving or Christmas dinner. Here are some suggestions before the big day arrives:

Two Weeks Before:

Take them for a tour of the grocery store showing them, teaching them the vocabulary associated with these new foods. Let them touch the vegetables, maybe pick one to take home and see, cut and taste. Show them cooking magazine pictures of foods cooked and ready to eat. Burn scented candles or have scented air fresheners for them to get used to new smells.

Let them help prepare a holiday food allowing them to touch, smell and taste it in a non-social environment. Encourage them to wash the vegetables, put cut veggies in the casserole dish and help cover with foil. Allow them to scoop out a helping when it is ready and let them feed themselves this new food, even if they just want to touch and lick their fingers this is progress. Try the same with fruit pies, allowing them to wash the fruit, mash out the crust, put in cut fruit, cover with pie crust top, etc.

***Note if you're child vehemently refuses certain foods or classes of foods (anything green) holidays are not the time to force them to taste or have this food on their plate. Consult with your feeding therapist for the best new options to try at holiday dinners.*

One Week Before:

Allow them to help set the table and let them sit at the "big table" if they will sit there on the big day. Let them get used to this area of the house if it is rarely used otherwise. If they will sit at a different table than they are used to, start this new habit this week so they have a "break-in" period and learn to stay seated for most of the meal. Praise them for trying, tasting, and/or smelling new foods to help set them up for next week. Continue to talk to them about the new foods, reviewing new vocabulary words and showing them pictures. Make sure they stay on their normal sleep schedule this week, even though older siblings may be home little ones still need the same nap times and sleep schedule. Also allow for exercise and play time to help ensure normal appetite routines are in place as well. **(Feeding Schedule Article)**

The Big Day:

Give them a light breakfast or meal before dinner is planned. If they respond well to visual cues provide a visual schedule of the day for them to expect and not get anxious about changes in the routine. Allow them play time to help build an appetite for dinner and get the wiggles out before having to sit at the "big table".

Again, let them help set the table and visually see they are preparing themselves for the meal. When the food is ready allow them to help you scoop food onto their plate letting them pick from the line-up. If they start to refuse just by the look of something, don't force it but think this exposure will help for next year or the next holiday meal. Let them sit in the spot they have been practicing in for a week. Let them feed themselves and praise them or eating and participating in the tradition without fussing or refusing. If they start to refuse, then go over and speak in a whisper and see if you can redirect them to keep eating. Sometimes just taking a food off the plate will help them stay on task and keep eating preferred foods, help them remove the food causing issues. If they only ate a few bites and are finished then talk to them about staying seated if appropriate and provide a reward for good behavior at the table (high five, sticker, hug, etc.). Remember seeing family and feeling the excitement of the event may decrease appetite or hunger signals and this is okay. Allow them this time to be exposed to the new foods and smells and set a tradition in their mind for the next time. No need to pressure them into eating a new food during this exciting time

Expert Feeding Help

Spotlight Story - Annmarie Palacios



by Brady Palacios

As we begin the process of transitioning out of ECI into the public-school system, our family has been reflecting back on the gift that Easter Seals has been to Annmarie's journey. When Annmarie was brought home from the hospital at one month old, we were overwhelmed and lost on what to do next. We met Heather in March of 2020 not knowing how huge of an impact she would make on our life. She guided us in the process of obtaining Medicaid for Annmarie and encouraged us in the long process of qualifying her for MDCP during a global pandemic. We were so blessed to have Heather by our side during that process.

During the pandemic, Heather and Michelle F. coached us in Physical and Speech therapy through telehealth. Annmarie gained so much during that time. They laughed with us as we played with video location and tossed around crazy ideas. They both helped us not feel isolated, and became a virtual community we looked forward to twice a week. When we were able to be in person again, we added

Occupational Therapy with Kathryn C. to them mix. Annmarie excelled under their care and began to lift her head, roll over, make sounds, sign a few words, and handle different textures.



Our therapists have changed a bit since we moved a year ago, we were able to keep Heather for PT along with Wendy for case management, but we switched Kathryn C. for Pam in OT and Michelle F. for Sara S in Speech. I still can't say enough about any of these six women. They have loved Ammie deeply, cheered her on in hospital stays, engaged with our other children in the home letting them help her during therapies, and have embraced us as a whole. They have handled all the setbacks with grace and encouragement, they've cried with us, they've

brought creative ideas to the table, and are always up for problem solving when it comes to Annmarie.

The saying, "It takes a village to raise a child," has never been truer. Easter Seals has been and will forever be one of the best villages for us in Annmarie's story.

Family Engagement Trick-or-Treat 2022



The first Family Engagement Trick-or-Treat was a wicked success! ECI staff went above and beyond decorating over 20 doors for the ghouls and boos to explore and collect treats. Volunteers from Holmes High School, the UTHSCSA PT School along with staff and staff family members ensured the evening ran smoothly. Most importantly, families showed up with their little ones and engaged in all the tricks and treats the event had to offer! Thank you to all who helped make this event possible and all who attended.

ECI Staff Door Decorating Contest



Most Creative & Innovative
Sensory Busters
Occupational Therapy Team

Barbara Arispe*Veronica Baeza*Pam Campos*Kathryn Crane*Yannell Davila*Mary Deffenbaugh*Terry Gomez*Martha Gonzalez* Laura Guajardo*Sarah Hermes*Luisa Hernandez*Stacey Hernandez*Yim Lee*Yvonne McKinley*Vangie Moncayo*Susan Morgan*Mira Nakhla*Jenny Obregon*Lauren Olson*Jennifer Parpacen-Smith*Marcy Roca*Amanda Saunders*Taz Shamsuddin*Donna Smith*Dianna Solis*Elena Soto*Morgan Vasquez*Breana Villarreal



Halloween Spirit
The Nightmare Before Christmas
Big EIS Room

Jeanette Torres
Mica Lopez
Erin Leak
Maria Serna
Sylvia Montanez
Valerie Casarez
Stephani Alvarado
Nadine Diercksen
Janice Marney
Elsa Levrie

Best Theme
Minion Mania

Rachel Barbosa,
OT/PT Team Leader

Cindy Calderon-Gonzales,
Pre-Enrollment Team Leader

Amanda Pepito,
Speech Team Leader

YOU voted and we listened! This door also won the coveted **Family Choice Award!**

ECI Family Pumpkin Decorating Contest



Most Original
Luka Maydwell



Best in Show
Aubreina Ramirez

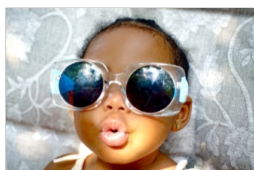


Funniest
Veronica Aguirre

Easter Seals will be closed November 24th and 25th for the Thanksgiving holiday. Enjoyed the time with your loved ones. We are thankful for all our ECI families!



Looking for December & January Stars!



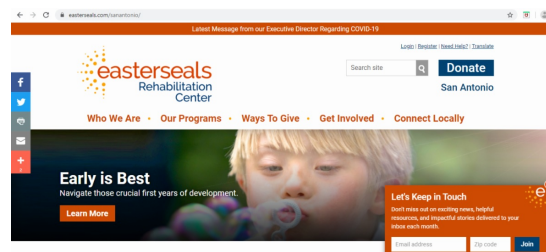
Is Your Child The
next
E C I
SuperStar?

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.

November Awareness Observations



Month-Long

- Adoption
- Pancreatic Cancer Awareness Month
- Alzheimer's
- Diabetes
- Epilepsy Month
- Good Nutrition Month
- Hospice Month
- Lung Cancer
- Native American Heritage Month
- Prematurity

Days

- November 1 - Lennox-Gastaut Syndrome
- November 8 - Aicardi Syndrome
- November 10 - World Immunization Day
- November 11 - Veterans Day -

- Remembrance Day - Armistice Day
- November 12 - World Pneumonia Day
- November 13 - World Pancreatic Cancer Day
- November 14 - World Diabetes Day
- November 15 - World Ohtahara Syndrome
- November 17 - World Prematurity Day
- November 20 - Universal Children's Day
- November 24 - N24
- November 25 - International Day for the Elimination of Violence against Women



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Early Childhood Intervention

Easter Seals Rehabilitation Center
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