



# NEWSLETTER

**FEBRUARY 2022**

## WHAT'S INSIDE

**PROVIDER  
CERTIFICATION**  
Congratulations,  
Roberta Wock!

**HOW TO WORK ON  
BEING PRESENT**  
Part 2 of a 4 Part  
Series!

**SHARE YOUR  
SUCCESS STORY!**  
We Make It Easy To Leave  
A Review!



**HOW TO LEARN  
LANGUAGE THROUGH  
PLAY IN THE WINTER!**

# HOW TO LEARN LANGUAGE THROUGH Play IN THE WINTER!



► Young children learn language through play opportunities. During the winter, there are several activities that parents and caregivers can utilize to elicit communication skills. Communication and learning happen throughout the entire day; therefore, you can facilitate children's communication skills as well.

## MAKING HOT CHOCOLATE:

Making hot chocolate allows children to explore their 5 senses. Here are some tips:

Ask children: What does it smell like? What does it look like? How does the mug feel? What noises do you hear when you stir? Last, but not least, what does it taste like? Target new vocabulary words with these questions such as drink, warm, chocolate, melt, stir, marshmallows, recipe, colors, sweet, etc. You can target some concepts such as opposites: sink/float (do marshmallows sink or float), hot/cold, sweet/sour, etc.

For more information or to schedule an appointment for your child for Speech Therapy, call Therapy Solutions at 701-483-1000 so we can help your child

**Take their Life Back!**

## HOMEMADE HOT CHOCOLATE

- 4 cups milk (preferably whole or 2%)
- ½ cup bittersweet or semisweet chocolate chips or chopped chocolate bar
- ¼ cup unsweetened cocoa powder
- ¼ teaspoon pure vanilla extract
- ¼ cup granulated sugar

**Directions:** Place milk, cocoa powder and sugar in a small saucepan. Heat over medium/medium-low heat, whisking frequently, until warm (but not boiling). Add chocolate chips and whisk constantly until the chocolate chips melt and distribute evenly into the milk. Whisk in vanilla extract, serve immediately.

**Recipe:** <https://celebratingsweets.com/homemade-hot-chocolate/>





## PROVIDER CERTIFICATION **LVST BIG**

Roberta Wock recently completed her certification in LVST Big. LVST Big is an evidence based, intensive treatment program for individuals with Parkinson's disease. LVST BIG trains people with Parkinson's disease (PD) to use their body more normally. People living with PD or other neurological conditions often move differently, with gestures and actions that become smaller and slower. They may have trouble with getting around, getting dressed and with other activities of daily living. LVST BIG effectively trains improved movements for any activity, whether "small motor" tasks like buttoning a shirt or "large motor" tasks like getting up from sofa or chair or maintaining balance while walking. The treatment improves walking, self-care and other tasks by helping people "recalibrate" how they perceive their movements with what others actually see. It also teaches them how and when to apply extra effort to produce bigger motions - more like the movements of everyone around them. The research has shown faster walking with bigger steps, improved balance and improved activities of daily living. The program consists of an evaluation followed by 4 weeks of one hour therapy sessions 4 days a week. The program also includes a daily exercise program, with the expectations of continuing the exercise program daily after discharge. Congratulations Roberta on this accomplishment.

## ALL ABOUT

# LSVT LOUD<sup>®</sup>



Our very own **Jeanne Kilzer, MS CCC-SLP**, is LSVT LOUD certified and has a deep passion to provide quality care in assisting clients reach their highest level of function.

LSVT LOUD is an effective speech treatment for people with Parkinson's disease (PD) and other neurological conditions. Named for Mrs. Lee Silverman (Lee Silverman Voice Treatment), a woman living with PD, it was developed by Dr. Lorraine Ramig and has been scientifically studied for over 25 years with support from the National Institute of Deafness and other Communication Disorders within the National Institutes of Health (NIH) and other funding organizations. LSVT LOUD trains people with PD to use their voice at a more normal loudness level while speaking at home, work, or in the community. Key to the treatment is helping people "recalibrate" their perceptions so they know how loud or soft they sound to other people and can feel comfortable using a stronger voice at a normal loudness level.

While LSVT LOUD treatment has helped people in all stages of PD, the majority of research has been on those in moderate stages of the disease. LSVT LOUD has also helped people with atypical parkinsonisms, such as progressive supranuclear palsy (PSP), and has recently shown promise for adults with speech issues arising from stroke or multiple sclerosis and children with cerebral palsy or Down syndrome. Beginning your work with LSVT LOUD before you've noticed significant problems with voice, speech and communication will often lead to the best results, but it's never too late to start. LSVT LOUD has the potential to produce significant improvements even for people facing considerable communication difficulties.

Speech treatments for people with Parkinson's disease have historically been focused on articulation and speech rate and have been given at a low-intensity dosage (e.g., one or two sessions per week for some period of time). LSVT LOUD takes a very different approach, focusing on the singular target of increasing vocal loudness to normal levels and delivering the treatment in an intensive, high-effort manner.

Call today to see how LSVT LOUD could help you or a loved one and **Take Your Life Back!**

**For more information about how Therapy Solutions can help you, visit our website at [therapy-solutions.net](http://therapy-solutions.net).**

# Therapy Solutions



**TAKE YOUR LIFE BACK.**

Learn more by visiting our website at [Therapy-Solutions.net](http://Therapy-Solutions.net) or schedule your consultation today by calling **701.483.1000!**

# STAFF SPOTLIGHT

## BEST OF THE WEST WINNERS!



## MINDFULNESS SERIES: PART 2

In this 4 part series, each month we will practice how to be mindful by incorporating mindfulness exercises. Last month we explored waiting in line at a store. This month, the exercise includes practicing mindfulness during meal time. The more mindful we become, the more we can reduce stress in our lives.

### Exercise #2: Meal Time

When you sit down to eat (and yes, you need to sit down to eat), decide to take the time to experience the meal with all of your senses. You approach your food with a sense of smell. Instead of the brief notion of “that smells good,” or “that smells bad,” giving it a label and moving on, explore the sensation of smell and see if you can notice different variations. This is the kind of curiosity you will approach your meal with using all of your senses. Then look at the food in front of you, appreciating the different textures and colors. Notice any thoughts that come into your mind as you are observing what your meal looks like, but without getting distracted from what you are looking at in this moment, turn your gaze back to the meal.

Depending on the context of the meal, you can spend more or less time with this, but as you cut up your food notice the sounds it makes. The goal here is to simply observe with curiosity, paying attention to any of the things that spark your awareness through your five senses. Ultimately bringing the food into your mouth, let it linger briefly before chewing and swallowing, so that you can explore the variations of taste, temperature, and texture. Notice the sensations that arise to swallow, and what that feels like. Pause between bites to let the experience fully into your awareness.

**For more information on mindfulness and lowering stress or to schedule an appointment, call Therapy Solutions at 701-483-1000 so we can help you Take your Life Back!**



**Therapy Solutions took FIRST PLACE this year for Best Counseling Center in the 2022 Best of the Western Edge contest. Congratulations to all our therapists for all the great work they do for clients. We appreciate you and are proud of your efforts.**

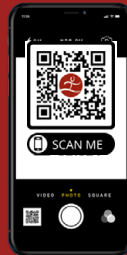
**Thank you to those who voted us Best Counseling Center. We appreciate it and are honored.**



## WANT TO SHARE A SUCCESS STORY?

**We Make It Easy To Leave  
A Review!**

Scan the code with you camera app,  
and post your success story on our  
Google reviews page!



**Therapy Solutions**  
TAKE YOUR LIFE BACK.

Learn more by visiting our website at [Therapy-Solutions.net](https://www.therapy-solutions.net) or schedule your consultation today by calling 701.483.1000!