



MAY 2023

## WHAT'S INSIDE

### STAFF SPOTLIGHT

Meet Chelsea Theiler  
MS, OTR/L

### ACTIVITIES FOR EXERCISING YOUR BRAIN

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# Therapy Solutions

TAKE YOUR LIFE BACK.



## Cognition and Speech-Language Therapy

# Cognition and Speech- Language Therapy

**MAY IS SPEECH MONTH!**



If you or someone you love is struggling with a cognitive disorder, our speech-language pathologists at Therapy Solutions are here to help! Call our team today to book your first appointment.

## **WHAT IS THE ROLE OF A SPEECH-LANGUAGE PATHOLOGIST?**

Cognition refers to things like memory, speech, and the ability to learn new information. Speech-language pathologists are professionals who help individuals navigate the process of cognitive function changes. Our SLPs at Therapy Solutions help assess, diagnose, and treat speech, language, social communication, cognitive-communication, and swallowing disorders in both children and adults.

Additionally, speech-language pathologists can help older adults develop compensatory strategies that assist them and their caregivers within the constraints of the individual's current abilities.

**SLPs also provide the following:**

Aural rehabilitation uses a combination of sensory management, instruction, perceptual training, and counseling to improve function, participation, and quality of life for those who are deaf or hard of hearing.

Alternative communication systems for patients with severe expressive or language comprehension disorders, such as autism spectrum disorder or progressive neurological disorders.

Tools for those who don't have speech, language, or swallowing disorders but want to learn how to communicate more effectively (e.g., work on accent modification or other forms of communication enhancement).

## **SYMPTOMS OF COGNITIVE-COMMUNICATION IMPAIRMENT**

There are many symptoms when it comes to cognitive-communication disorders. Since each patient is unique, symptoms will appear differently for everyone.

**Symptoms of cognitive communication disorder include:**

- Difficulty with pre-established play and language skills.
- Difficulty paying attention, especially in a busy environment.

- Memory problems/forgetfulness.
- Trouble remembering information that has been previously learned or memorized.
- Organizational issues at work, home, or school.
- Personality shifts/changes.

You may benefit from speech therapy if you have noticed some of the symptoms listed above. To consult with a licensed therapist, call our clinic today!

### HOW CAN AN SLP HELP?

During treatment at Therapy Solutions, our SLPs will assess your child's condition and distinguish between cognitive, language, and speech disorders. Then, they will provide you with a customized treatment plan that includes cognitive speech therapy exercises.

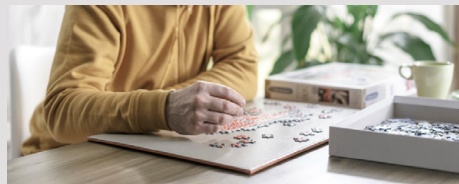
Recovery typically begins with a comprehensive analysis of the condition in which our SLPs will take a look at behaviors, symptoms, lifestyle habits, and other health factors to determine the best course of treatment.

During this appointment, our SLP will better understand how the cognitive communication disorder affects your child's life at home, school, work, or in social settings. Treatment aims to reduce symptoms and improve functions so that your loved one can achieve a better quality of life.

### SCHEDULE AN APPOINTMENT TODAY!

Our speech-language pathologists at Therapy Solutions are here to support your child through your recovery journey. If your child has been experiencing symptoms of a cognitive communication disorder, we can address the condition and promote a healthy, normal lifestyle. Wondering if you can benefit from speech-language pathology? Give our clinic a call today!

## ACTIVITIES FOR EXERCISING YOUR BRAIN



### 1. List 10 Alternative Uses For An Object

Grab an eraser, sock, book or any object you can find and jot down at least ten alternative ways it could be used.

If you can't think of ten, don't sweat it. But keep coming back to it throughout the day for some mini-creative exercise.

### 2. Play the Alphabet Game

Either in your mind or using paper and pen, think of a name for each letter of the alphabet. For example:

A = Anthony		A = apple
B = Bonnie	*Or*	B = banana
C = Connie		C = Cantaloupe

### 3. "Add 3, Subtract 7"

Pick any 2-digit number, then add 3 to that number three times. Next subtract 7 from that final number, then repeat. This exercise is great because your brain must attend to and hold on to several details at once. It also helps you get better at processing and organizing information.

### 4. Practice Fine Motor Exercises

Some fine motor exercises you can try:

- Stacking pennies
- Stretching rubber bands
- Therapy putty exercises
- Jigsaw puzzles

### 5. Grocery List

Have someone go to the grocery store with you and tell them to choose 2 or 3 food items. Then, go and find those items without writing down what the person said. As you improve you should increase the number of items you must memorize, until you can recall 7 items.

### 7. Chess, Sudoku, and Crossword Puzzles

Chess and other brain-stimulating games like Sudoku and crossword puzzles are great for activating the left side of your brain and improving your problem-solving skills.

Crossword puzzles are especially helpful for developing word recall skills.

### 8. The game Scrabble

Playing Scrabble is a great way to learn new vocabulary and improve focus and strategic thinking.

## RAFFLE FUNDRAISER

*Forever Full*  
Pet Food Bank

TICKETS ON SALE MAY 1, 2023  
DRAWING JUNE 7, 2023

LIMITED NUMBER OF TICKETS TO BE SOLD  
\$20/TICKET

Drawing will be held live on our facebook page

Tickets can be purchased from a volunteer or message our facebook page

All proceeds will be used to purchase pet food and supplies

[HTTP://WWW.FACEBOOK.COM/FOREVERFULL](http://www.facebook.com/foreverfull)

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

## NEW CLINIC ARTWORK



Kellee Martin (Clinic Receptionist) has graciously shared her artistic talents with us by painting a cartoon mural on our kids' table in the pediatric waiting area. Kellee started to draw and paint when she was in 7th grade and has continued to love this hobby. We are blown away by her talent and appreciate her dedication, drive, and creativity!

This colorful piece of art has been a fun and eye-catching addition to our clinic. You can check out Kellee's artwork in our north waiting room.



## WRITE YOUR OWN SUCCESS STORY!

The best way to help others in our community is by leaving a Google review.

### INSTRUCTIONS:

1. Open your smart phone to the camera app
2. Center the QR code above in the frame (this will take you directly to our Google Review Page)
3. Tell us how we did!



## STAFF SPOTLIGHT: CHELSEA THEILER MS, OTR/L



We would like to welcome Chelsea Theiler to our Therapy Solutions Team!

Chelsea is an Occupational Therapist and started with us in March. She has a Bachelor's Degree in Exercise Science and a Master's Degree in Occupational Therapy, both from the University of Mary. Chelsea's areas of expertise include working with the geriatric population and working within assisted living facilities and memory care.

Chelsea was born in Bitburg, Germany and raised in Roseland, Nebraska. She now resides in Dickinson with her 8-year-old cat named Ollie. In her free time, Chelsea likes to spend time outside, whether it's golfing, fishing, or working on the lake cabin. She also enjoys cooking and playing cards, especially pinochle.

## NEW DRUG & ALCOHOL CERTIFICATIONS



Three of our staff members—Doug Jilek, Kellee Martin, and Victoria Kuntz—recently completed their certifications for drug and alcohol collection. These three individuals will

join our current team of highly qualified professionals providing Occupational Health Services.

Therapy Solutions works with small and large companies to provide ready-for-work programs designed for new hires, physical exams, safe movement principle trainings, and drug and alcohol screens for pre-employment and existing employees. We are also able to do onsite testing, screening, and training to ensure employees are fit for work and ready to perform at their optimal levels. For more information about our Occupational Health Services, contact Therapy Solutions today.