

# EPICENTER NEWS

OCTOBER/NOVEMBER 2008



## WE HAVE ADDED TO OUR THERAPY TEAM!



Lindsey Anderson, OTR/L



Erin Smith, OTR/L



Amy Lincoln, Ph.D., CCC-SLP

Lindsey Anderson, OTR/L received her bachelor's degree in Health and Human Development from Montana State University on 2002 and her Masters of Occupational Therapy from the University of North Dakota in 2007. Through her volunteer time at Eagle Mount directing the cycling and golfing programs she developed a strong interest in working with children with disabilities.

Erin Smith, OTR/L graduated with a Masters of Occupational Therapy degree from Pacific University in 2007. She was introduced to pediatric practice throughout her schooling and she completed an 8-week intensive internship with the Las Vegas School District. Since graduating Erin has been employed in the valley and has been seeking opportunities to once again work with children. She looks forward to the many experiences to be shared working in the field of occupational therapy.

Amy Lincoln, Ph.D., CCC-SLP received her bachelors and masters degree in Speech-Language Pathology from the University of Washington. After working in the hospital setting and in pediatric private practice following graduation, Amy found her passion in working with school-aged children struggling with language-learning disabilities. To further her understanding of the 'brain basis' of language based learning disabilities she pursued a PhD in Neuroscience from the University of California, Davis. She is excited to be a part of the Epicenter Team and is keen to return to her clinical work with children.

**GOODBYE** Farewell and best wishes to our Occupational Therapist, Amy Hogan, who is moving to Spearfish, South Dakota. She has been a great asset to our therapy team for the past 4 years. Amy and her husband are having their first baby around Christmas time and will be starting their new lives closer to family. We'll miss you, and GOOD LUCK ! :)

## UPCOMING EVENTS

**Handwriting Group** will be starting on November 5th, from 4:30-5:30 and will be running for 5 weeks, instructed by **Holly Kassner, COTA /L** and **Erin Smith, OTR/L**. Cost for the session is \$75.00. Call Epicenter for information or to sign up.

**Yoga Class** will be starting on November 3rd, instructed once again by **Nancy Harris, DPT** and **Holly Kassner, COTA/L**. Class will be held on Mondays from 3:45-4:30 and will run for six weeks. The cost is \$75 dollars for the six week session. Call Epicenter for information or to sign up.

## CONTINUING EDUCATION COURSES ATTENDED

**Christa Drab, CCC-SLP**, and **Holly Kassner, COTA/L** of Epicenter recently attended "Into the Mouths of Babes" in Missoula, MT on September 19, 2008. This was a feeding course based on an interdisciplinary approach to feeding young children. There were discussions about each disciplinarian's role through several developmental concepts such as: interplay between oral anatomy and swallowing, effects of sensory, physiological and neurological systems of feeding, the team member's role in health and nutrition and assessing growth charts. Interpretations of swallow studies were also addressed with treatment recommendation for many different disabilities. The most effective treatment strategies were recommended for many of the specific diagnoses we see here in the clinic.

**Lindsey Anderson, OTR/L** attended the workshop "Brain Gym 101" November 1-3 in Bozeman. Her instructor was Colleen Gardner. Ms Gardner is a former teacher and is part of the Rocky Mountain Integrative Medicine team in Ridgeway, CO. Brain Gym is used by educators, therapists and movement facilitators as a way to break through cognitive barriers. Its success in restoring optimal learning potential through movement relies on creating an integrated mind/body dynamic.



## Quick Hands-on Stress Relief

Got a minute? Get a massage- a self-massage, that is. These moves can help relieve tension around your head, neck, shoulders and hands:



**The scalp soother.** Place thumbs behind your ears and spread your fingers on top of your head. Move your scalp back and forth slightly by making circles with your fingertips for 15-20 seconds.



**The eye easer.** Close your eyes and place your ring fingers directly under your eyebrows, near the bridge of your nose. Slowly increase pressure for 5 seconds, then gently release. Repeat 2-3 times.



**The shoulder saver.** Place your left hand on the right side of your neck by your shoulder. Press fingers firmly into the muscle while tucking your chin in toward your chest. Hold this position for 10 seconds, release, and then repeat on the left side.



**The palm pleaser.** Lace your fingers together, leaving thumbs free. Slowly knead your left thumb into the palm of your right hand for 20-30 seconds. Then repeat on your left hand!

## AQUATICS THERAPY



**Johnathan Watkins enjoying his aquatic therapy session with Claire Adam.**

**Claire Adam, DPT** is offering aquatic therapy sessions weekly at the Ridge Athletic Club's warm pool. Claire is a swimmer on the Bozeman Master's swim team and has a special interest in working with children in the pool. She has taken several continuing education classes in aquatic therapy, including a Neuro-developmental treatment (NDT) based course.

**Benefits of Aquatic Therapy include: improved range of motion, increased strength, improved coordination, increased mobility, improved balance, increased endurance. It also allows kids to learn basic swimming and water safety skills.**

Aquatic therapy is appropriate for children with a variety of different orthopedic, developmental, and/or neurological diagnoses.

**For questions please call us at the Epicenter: (406) 522-3722**

**OUR GOAL IS TO PROVIDE THE BEST FOR THE CHILDREN WHO NEED THE MOST**