Check out our monthly newsletter below!

Sign up for our newsletter: [CLICK HERE]
WE ARE HAVING SO MUCH FUN TREATING OUT OF OUR NEW SPACE!

OUR POLICIES
Therapy West Cancellation Policy

Regional Centers, School District, and Easter Seals:
- Clients must maintain 80% attendance.
- 2 no-shows will result in immediate removal from schedule.

Insurances:
- Clients must maintain 80% attendance.
- 2 no-shows results in immediate removal from schedule.
- Cancellations made more than 24 hours in advanced are not subject to a fee.
- Clients are allowed 3 cancellations per calendar year that are given with less than 24 hour notice. Starting on the 4th cancellation, the client will be charged a $75 fee per session when cancelled within less than 24 hours.

Therapy West, Inc. COVID-19 Procedures

** as of August 10, 2021: Persons who are vaccinated and exposed to someone with COVID, do NOT need to quarantine (can still come to therapy), unless they develop symptoms. they need to take a COVID test 3-5 days after exposure and monitor symptoms for 2 weeks.

Each parent/caregiver will be asked to sign a consent/attest (attestation) form in which they agree to self-report COVID-19 symptoms and exposure prior to coming to clinic for therapy (includes having no symptoms, have not been exposed to anyone who is positive for COVID-19, and that anyone who brings the child to therapy who is not the legal guardian or parent has also been screened for symptoms and safety behaviors.

CHECKING IN/OUT PROCEDURE

Therapist/teacher will meet family at the designated “entrance” location for the facility.

A. Double check: Therapist/teacher will ask that they self-checked for symptoms, exposure to anyone with COVID-19 or engaged in any risk behaviors/exposures such as taking public transportation without wearing a mask, etc. If there is anything concerning, therapist/teacher will send child home, offer telehealth session and document. If child does not have anything concerning, documentation is not necessary.

B. If person bringing the child is someone who does NOT live with the child, and they do not know the child’s potential exposure, then the therapist/teacher will call you, the parent, to check for COVID exposure.

C. Parents/caregivers remain outside clinic and return at pick up time at the designated “pick-up exit” door. There may be NO INSIDE WAITING ROOM available depending on COVID-status.
COVID MITIGATION PRACTICES FOR THE CLIENT

- At the start and end of each session, Therapist/teacher and child must wash hands for 20 seconds. If child is not able to tolerate hand washing, then child should use hand sanitizer.
- Masks are required of all staff and persons on the Therapy West, Inc. premise regardless of vaccination status.
- All children above the age of 2 should be encouraged to wear a mask. Parent/caregiver should provide mask for their child. If child is not able to wear a mask, Therapy West staff will also wear a face shield.
- Staff will change clothing if soiled during treatment session.
- If child demonstrates any signs of illness, session will be terminated and parent/caregiver WILL be contacted. Therapist/teacher will offer telehealth make-up. Follow protocols for exposure and isolation.
- If child uses a tracheostomy, it is strongly recommended that they receive services via telehealth.
- Feeding equipment must be brought in by the parent. No sharing of feeding supplies, tools and equipment.
- Clients are treated in spaces that allow for safe distancing with their therapist/teacher and/or intern/resident. No switching between treatment rooms is permitted.

QUARANTINE AND ISOLATION

1. Exposure is defined as:
   A. Being within 6 feet of someone with COVID-19 for a total of 15 minutes or more over a 24-hour period.
   B. Unprotected contact with body fluids and/or secretions from someone with COVID-19. For example, you were coughed or sneezed on, you shared a drinking cup or eating utensils, you kissed, or you provided care to them without wearing the right protective equipment.
   C. A person with COVID-19 can infect others from 2 days before their symptoms first started until they are allowed to end their isolation period. A person with a positive COVID-19 test who does not have symptoms is infectious from 2 days before their test was taken until 10 days after their test.

2. Quarantine is required if you have had known exposure to a confirmed case of COVID-19, UNLESS:
   A. A person with COVID-19 can infect others from 2 days before their symptoms first started until they are allowed to end their isolation period. A person with a positive COVID-19 test who does not have symptoms is infectious from 2 days before their test was taken until 10 days after their test.

QUARANTINE PROTOCOL

A. If a child was exposed to another child/person who is sick: Quarantine is only needed if a child has been exposed to a confirmed case of COVID-19).
B. If child has been exposed to someone with a confirmed case of COVID-19, notify your therapists or the TW staff so that TW can inform those who may have been
exposed when at TW (who child may have exposed from 2 days prior to symptoms). Your child may be seen via telehealth. See above for the definition of “exposure”

- If child does not have symptoms, child will need to quarantine for 14 days (from the time of last contact) (or wait 5 days, get a PCR test) and if results are negative the child will still have complete a 10-day quarantine. On days 11-14, the child can return but will have to continue to self-monitor for symptoms.
- If child does not develop symptoms during the 14-day period, child can return to in-clinic sessions.
- If child develops symptoms, the child will have to follow the isolation protocol below.

3. Isolation is separating someone who is infected, even if they may not have symptoms.

**ISOLATION PROTOCOL**

A. REGARDLESS OF VACCINATION STATUS, if a child has symptoms consistent with COVID-19 (fever, runny nose, persistent cough, diarrhea, loss of smell and taste, body aches, headaches):

- Stay home. Report symptoms to your therapist or the TW staff.
- The child should get tested for COVID-19 and/or notify their health care provider.

B. If the child tests positive for COVID-19 with or without symptoms, they must isolate for 10 days. They may return to therapy once they have completed a 10-day isolation period, have improved symptoms, and are fever free for 24 hours without fever-reducing medication.

C. If they are "fully-vaccinated" against COVID-19 and test negative for COVID-19, they may return to in-clinic sessions once their symptoms have improved and are without fever for 24 hours without fever-reducing medication.

D. If they are not vaccinated against COVID-19 and test negative for COVID-19, they must still complete a 10-day isolation period or obtain a doctor's note verifying that they are safe to return to in-clinic.
UPCOMING EVENTS

Click here to schedule a make-up for OT/PT/ST!

UPCOMING EVENTS

THERAPY WEST, INC.
SICK POLICY

For the health and safety of you, your child, and all our families, we ask that you please keep your child home from therapy if they exhibit any of the following symptoms.

- Fever
- Wheezing or shortness of breath
- Hard cough
- Runny nose with yellow/green mucus
- Diarrhea or vomiting
- Redness or discharge in eyes (conjunctivitis)
- Sore throat or swollen glands
- Undiagnosed rashes
- Open sores
- Head lice and/or nits (must be completely cleared)

To make sure no potential illness is passed on, we ask that you keep your child home until they are symptom free without medication for 10 days, or 3 days if the adults in the household are vaccinated. If you are comfortable getting your child tested for COVID-19 (PCR), they can return with a negative result and without any symptoms.

Your child may also return to therapy with verification that they are not contagious with a clearance note from your doctor.

If you will be keeping your child home from their therapy session(s), please make sure to let us know by calling and leaving a voicemail on the scheduling line before 8:00am the morning of your session (310-337-7115).

Thank you for your cooperation in keeping everyone safe and healthy!
OCTOBER IS AAC AWARENESS MONTH

AAC = AUGMENTATIVE AND ALTERNATIVE COMMUNICATION

AAC ALLOWS INDIVIDUALS TO EXPRESS THEIR WANTS, NEEDS, AND IDEAS, AND TO MORE FULLY PARTICIPATE IN THEIR LIVES. AAC ALSO BENEFITS FAMILIES, PROVIDING A WAY FOR THEM TO MORE FULLY COMMUNICATE WITH THEIR LOVED ONES.

LEARN MORE ABOUT AAC FROM THESE RESOURCES:

www.nwacs.info
www.ussaac.org
www.isaac-online.org
www.praacticalaacc.org
DRESS UP!

JOIN US IN DRESSING UP EACH DAY ACCORDING TO THE WEEKLY THEME:

WEEK 1: 10/04 - 10/08
wild hat or hair

WEEK 2: 10/11 - 10/15
pajamas

WEEK 3: 10/18 - 10/22
superheroes

WEEK 5: 10/25 - 10/29
COSTUMES!
PEP TALKS
October 2021

MONTHLY THEMES AND ACTIVITIES
with Sarah Yamauchi, SLP-A
Tuesday, October 5th, 2021 @ 10:00am

SOCIAL AND FINANCIAL COMMUNITY RESOURCES IN THE LA REGION
with Deena Alhusseini, MA, OTD Resident
Wednesday, October 13th, 2021 @ 10:00am

TOILETING TIPS
with Nicole Hiorns, OTD, OTR/L
Thursday, October 21st, 2021 @ 10:00am

If you are interested in joining us for any of these talks, please let your teacher know and they will provide you with the zoom link!

COMMUNITY EVENTS
Santa Monica Mystery Quest
DATE: 10/08/2021
TIME: 3:00pm-7:00pm
Location: 1351 3rd St.
Santa Monica, CA 90401
PRICE: Free

Click [here](#) for more information!

Kids Club with Wild Child Gym
DATE: 10/12/2021 + 10/26/2021
TIME: 11:00am-12:00pm
Location: Manhattan Village
3200 Sepulveda Blvd.
Manhattan Beach, CA 90266
PRICE: Free but limited spots available

Click [here](#) for more information!

Nights of the Jack
DATE: 10/01/2021 - 10/31/2021
TIME: 6:00pm - 10:00pm
Location: King Gillette
26800 Mulholland Hwy
Calabasas, CA 91302
PRICE: General Admission = $35
2 years & under are free

Click [here](#) for more information!
Mr. Bones Pumpkin Patch

DATE: 10/07/2021 - 10/31/2021
TIME: 9:00am - 9:00pm
Location: 10100 Jefferson Blvd, Culver City, CA 90232
PRICE: $5 - $25

Click [here](#) for more information!

Boo at the L.A. Zoo

DATE: 10/01/2021 - 10/31/2021
TIME: 10:00am - 4:00pm
Location: The Los Angeles Zoo
5333 Zoo Drive,
Los Angeles, CA 90027
PRICE: General Admission

Click [here](#) for more information!

Scarium of the Pacific

DATE: 10/30/2021 - 10/31/2021
TIME: 9:00am - 5:00pm
Location: Aquarium of the Pacific
100 Aquarium Way,
Long Beach, CA 90802
PRICE: Free w/ General Admission

Click [here](#) for more information!
Carved at Descanso Gardens

DATE: 10/11/2021 - 10/31/2021
TIME: 6:30pm-9:00pm

Location: Descanso Gardens
1418 Descanso Drive,
La Canada Flintridge, CA 91011

PRICE: Member Tickets = $25-$28
Non-Member Tickets = $32-$35

Click here for more information!

---

OUR STAFF

Therapy West is proud of the staff who are presenting nationally and internationally!

Erna Blanche, Janet Gunter,
Juliana Gutierrez, Dominique Kiefer, and Bonnie Nakasuji!
OCTOBER IS PT MONTH!

SHOUT OUT TO ALL OF OUR AMAZING PT’S HERE AT THERAPY WEST

ANNE

LIZZY

STEPHANIE

ALEXANDRA
OUR PROGRAMS

TWISPP

The emphasis of this family centered program is on prevention, early intervention, and enrichment in a playful and supportive environment. Our program is designed by educators, occupational therapists, physical therapists, and speech pathologists to promote a comprehensive program that enhances all areas of development within the context of play. TWISPP and TWO Steps emphasize the importance of the family by offering parent training and parent participation in their child's program.

OCTOBER STAFF SPOTLIGHT!

Lili

Lili Eshaghzadeh was born and raised in Los Angeles, CA and graduated with her master's in occupational therapy in December 2020. She has always dreamed of working with the pediatric population, and after she volunteered with Therapy West back in 2018, she knew she had to come back to work here. Fast forward a few years and here she is! Fun fact: she is getting married at the end of this month! Whenever Lili is not playing with kiddos all day, you can find her with her fiance, family, friends, dog, reading, or traveling!
Now Enrolling!
for in-person group!

We have immediate availability in our TWISPP Program!

GARDENA LOCATION
Monday - Thursday: 9:00am-11:45am

LOS ANGELES LOCATION
Tuesday & Thursday: 9:00am-11:45am
Monday - Friday: 1:00pm-3:45pm

For Regional Center clients, ask your service coordinator if your child is eligible.
If you are not a Regional Center client, we have private pay options available!

Click Here to Contact us about the TWISPP Program!

New Faces: We Welcome You!
Camila, Cash, Harper, Joel, Sebastian, and Veronica

Graduating: We Will Miss You!
Dru and Joseph
OCTOBER

PEOPLE
SHAPE: TRIANGLE
COLORS: ORANGE
CONCEPT: COUNTING
BOOKS: "Duck and Goose Find a Pumpkin" & "Five Little Pumpkins"

OCTOBER SONGS

THREE LITTLE WITCHES
ONE LITTLE, TWO LITTLE, THREE LITTLE WITCHES
FLYING OVER HAYSTACKS,
SOARING OVER DITCHES.
ONE LITTLE, TWO LITTLE,
THREE LITTLE WITCHES --
HAPPY HALLOWEEN!

ONE LITTLE, TWO LITTLE, THREE LITTLE WITCHES
FLEW OVER THE FENCE AND TORE THEIR BRITCHES,
SEWED THEM UP WITH SIXTY STITCHES --
HAPPY HALLOWEEN!

JACK-O'-LANTERN
JACK-O'-LANTERN, JACK-O'-LANTERN,
YOU ARE SUCH A FUNNY SIGHT.
AS YOU SIT THERE BY THE WINDOW,
LOOKING OUT INTO THE NIGHT.
YOU WERE ONCE A STURDY PUMPKIN,
GROWING ON A CURLY VINE.
NOW YOU ARE A JACK-O'-LANTERN,
SEE YOUR NIGHT LIGHTS SHINE.

OCTOBER SIGNS
**"FRIEND"**
To make the sign for friend, hold out both of your index fingers hooked in a C-shape. Holding one hand with your C facing up, hook the second C into the first. Then reverse the position for the hands and do it again. It is like your fingers are best friends and giving each other a hug.

**"PUMPKIN"**
Pumpkin is signed by making your weak hand into a fist and flicking it with your forefinger on your dominant hand. The sign is like you are testing the surface of pumpkin to make sure it is good.

**"COUNT"**
To sign count in ASL, your non-dominant hand should be flat with palm facing up to form a base. In your dominant hand, take your thumb and index finger together as if they are making an outline of a coin. Then run your imaginary circle along you non-dominant hand.

**"HALLOWEEN"**
Halloween is signed like one of the more popular ASL versions of mask: cover your face with both hands palms slightly curved and uncover your face right away as if playing peek-a-boo.

Click here to access images and texts for ASL References
Continue fall fun with these activities!
*Remember to make it a fun experience for the child and supervise all activities.

**Paper Bag Animals or Pumpkins!**

Materials: scrap paper or old newspaper, small paper bag, paint, rubber band, marker

Instructions:
1. Crumple pieces of paper into balls as small as child can and stuff into paper bag
2. When paper bag is full, use rubber band to close off the top (you can also tape the top down)
3. Use marker or paint to draw or paint the animal of choice.

Examples:
- Pig: paint pink, draw circle in the middle for the nose and put 2 dots in the middle, draw eyes on top and add ears. Twist top part of the paper bag that is tied off to make a tail.
- Chicken: paint yellow, draw eyes and add beak.
- Pumpkin: paint orange, paint top part of the bag that is tied off green to make a stem.

**Fun with Pumpkins!**

Materials: pumpkin (big or small), spoon, plate/bowl, tray, markers, paint

Ideas:
- **Pumpkin Faces:** Decorate pumpkins using markers or paint (brush or fingers), make different decorations on it or make funny faces
- **Pumpkin Goop:** Scoop out pumpkin goop with hands and spread it around on a tray for tactile play. Use spatula or spoon for those kiddos who are more sensitive to this wet, slimy texture. (Before playing with pumpkin goop, adult should safely open top of pumpkin).
- **Pumpkin Stamps:** Use pumpkin cut outs to stamp on paper. (Before playing with pumpkin, adult should cut out different shapes from the pumpkin).
- **Pumpkin Throwing Contest:** Get a variety of different sized pumpkins and have a contest to who can toss the pumpkin furthest or into a basket.
It's that time of year again!
Below are several Halloween Themed Gross Motor Activities!

- **Mummy Bowling** - have your kid(s) decorate 10 water bottles using toilet paper, creating mummies. Align the mummy bowling pins in various arrangements and challenge your kid(s) to kick a small ball towards the pins to knock them down. Repeat and see who knocks down the most pins after 5 tries. This fun activity works on improving your kid's strength, balance and coordination.

- **Jack-o'-Lantern Toss** - Using an empty paper box, have your kid(s) decorate them using orange/black construction paper or orange/black paint to create a jack-o'-lantern. Create a tossing game using small bean bags, balls, etc. You can change the distance the box is away from your kid(s) to make it easier or harder. If using additional boxes, assign point values to the different boxes and create a fun game to see who scores the most points. This fun activity works on strength and coordination.

- **Spider Web Crawl** - Using a spool of yarn, tie it to various pieces of furniture around the house. Try to criss-cross the yarn to different pieces of furniture and at different heights. Challenge your kids to crawl through the spider web without touching it. This activity works on strength, balance and motor planning.

- **Pumpkin Hopscotch** - Create 10 large pumpkin cut-outs using construction paper or print out copies of pumpkin clip art pictures and create a hopscotch course outside. Add or remove pumpkins to create different hopscotch courses. This fun activity works on balance and coordination.
Identifying Family Members!

Use signs for family members, such as "mom" and "dad", or "brother" and "sister"

Can use to;
- expand on one word requests ('more + mom', 'dad + help')
- gain someone attention that is out of reach
- pair when a child may try hand leading you some where
- greet (e.g., "mom!") or ask where someone is (e.g., "dad?")

"Mommy"
To sign mommy extend and spread your fingers apart. With your pinkie facing forward tap your thumb on your chin.

"Daddy"
To sign daddy, extend and spread out your five fingers on your strong hand. Tap your hand on your forehead.

"Sister"
To sign brother, make both hands into an "L-shape" with your thumb and index finger extended. Hold your non-dominant hand down by your chest. Take your dominant hand and starting at the forehead, bring the hand down to your weak hand.

"Brother"
To sign brother, make both hands into an "L-shape" with your thumb and index finger extended. Hold your non-dominant hand down by your chest. Take your dominant hand and starting at the forehead, bring the hand down to your weak hand.