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# DECEMBER 2021



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# HAPPY HOLIDAYS!!

Therapy West will be closed on  
Friday, December 24th, 2021.  
Saturday, December 25th, 2021.  
Friday, December 31st, 2021 and  
Saturday, January 1st, 2022

Please check with your therapist and/or  
TWISPP teacher regarding therapy and/or classes  
during the holiday weeks.



## Therapy West 2022 Client Forms

To all current clients,

Every year, parents must complete several documents and provide updated information.

PLEASE COMPLETE THE FORM BY DECEMBER 15 TO ENSURE THERE IS NO DISRUPTION IN YOUR CHILD'S SERVICES. If we do not receive your form by the start of the new year we will unfortunately have to put your sessions on hold until it is completed. If you have any questions or concerns, please reach out to us.

Therapy West, Inc.

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# 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.

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# **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.**

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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!**

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[Click here to schedule a make-up for OT/PT/ST!](#)

## **UPCOMING EVENTS**

# **PEP TALKS**

*december 2021*

## ***December Themes & Home Activities***

*with Sarah Yamauchi, SLP-A*

**Thursday, 12/09/2021 @ 9:15pm via zoom**

*Learn about activities you can do at home to encourage  
your child's learning of the theme, color, concept, and  
shape of December!*

## ***Help! I have a lot of Feelings!***

*with Nicole Hiorns, CTD, CTR/L*

**Tuesday, 12/14/2021 @ 1:15pm via zoom**

*Come learn how to support your child's social and  
emotional development.*

IF YOU ARE INTERESTED IN JOINING US FOR ANY  
OF THESE TALKS, PLEASE LET YOUR TEACHER  
KNOW OR RSVP TO [TWISPP@THERAPYWEST.ORG](mailto:TWISPP@THERAPYWEST.ORG)

## **COMMUNITY EVENTS**

# lightscape



DATES: now until 01/16/2022

LOCATION: Los Angeles County  
Arboretum & Botanic Garden  
301 N Baldwin Ave.  
Arcadia, CA 91007

PRICE: \$20-\$32, ages 2 & under free

Click [here](#) for more information!

# winterlit



DATES: now until 12/24/2021

LOCATION: Third Street Promenade  
1351 3rd St.  
Santa Monica, CA 90401

PRICE: Free!

Click [here](#) for more information!

# enchanted forest of light



DATES: now until 01/09/2022

LOCATION: Descanso Gardens  
1418 Descanso Dr.  
La Canada-Flintridge, CA, 91011

PRICE: \$5-\$15, ages 5 and under free

Click [here](#) for more information!

## magic of lights



DATES: now until 12/26/2021

LOCATION: Angel Stadium  
2000 E. Gene Autry Way  
Anaheim, CA, 92806

PRICE: \$25 and up per vehicle

Click [here](#) for more information!

## l.a. zoo lights



DATES: now until 01/09/2022

LOCATION: LA Zoo  
5533 Zoo Drive  
Los Angeles, CA, 90027

PRICE: \$22

Click [here](#) for more information!

**glow**



DATES: now until 01/17/2022

LOCATION: South Coast Botanic  
Garden  
26300 Crenshaw Blvd.  
Palos Verdes Peninsula, CA, 90274

PRICE: \$25-\$35, ages 4 and under free

Click [here](#) for more information!

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## OUR STAFF

WELCOME TO OUR  
NEWEST THERAPY WEST  
TEAM MEMBES!



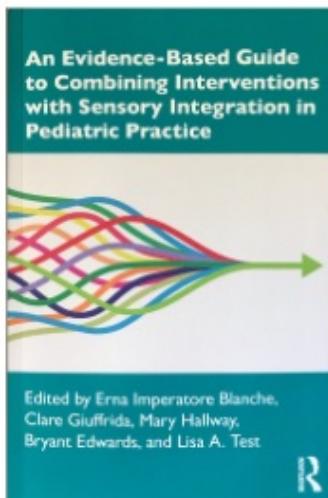
TAYLOR - SLP



ERIC - PT



Therapy Westers put together and donated 38 gift boxes for an organization called Operation Christmas Child that then ships the boxes and distributes them to children in developing countries.



Several staff members from Therapy West, Inc have recently published a book called: *An Evidence-Based Guide to Combining Interventions with Sensory Integration in Pediatric Practice*. Oxon, UK: Routledge – Taylor & Francis Group. Edited by: Blanche, E.I., Giuffrida, C., Edwards, B., Hallway, M., Test, L., (Eds).

With chapters by Erna Blanche, Bonnie Nakasui (Steppin' Up Transition Program for high school students with developmental disabilities in high-risk areas), and a chapter on TWISPP by co-writers Sophia Magana, Janet Gunter, and Erna Imperatore Blanche (Therapy West Infant Specialized Play Programs)



# DECEMBER STAFF SPOTLIGHT!



# RIANNA

In 2014 I started as a TWISPP teacher here at Therapy West, decided I wanted to pursue OT school, and now I get to re-join the Therapy West family as an occupational therapist! It's such a blessing to get to do what I love and serve the families I have the privilege of working with. In my spare time, I love to spend time with my friends and family, bake, and do calligraphy.

## 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 encouraging parent training and parent participation in their child's program.

[Click Here to Contact us about the TWISPP Program!](#)

# TWISPP Parent Participation!

Per the Regional Centers, parent participation is a requirement for our TWISPP Program. We want you to be involved in your child's progress within our program. This requirement can be fulfilled by monthly attendance at one of our PEP (Parent Education Program) Talks that we offer OR by attending a telehealth TWISPP session with your little one!

Please see below for more information regarding the two options.

## PEP (Parent Education Program) Talks:

An important part of your child's success includes their interactions with parents and families outside of the program and various therapists. In order to better facilitate these interactions, we hold short informational workshops for parents and caregivers. These are a great opportunity to meet and socialize with other parents in your community. Topics for the Parent Support Groups in the past have included:

- |                                       |                                    |   |
|---------------------------------------|------------------------------------|---|
| - Introduction to Sensory Integration | - Gross Motor Development at Home  | - Toileting Tips  |
| - Monthly Themes and Home Activities  | - and in the Community             | - Mealtime Matters  |
| - Summer Play Activities              | - Stepping Stones to Communication | - HELP! I have a Lot of Feelings<br>* We are also open to suggestions for topics! |

## TWISPP Telehealth:

This is a shortened 50- minute TWISPP session. This is a great opportunity to participate with your child in our class. We will start this shortened session in exploratory play, circle time, climb & tumble play, and then you will virtually join the in-person class for our creative expression time and closing circle. A supply list will be sent out a week before your scheduled telehealth session so that you can gather them.

While we have always tried to include the whole family in the therapy process, Telehealth TWISPP has been a unique opportunity to maximize what it really means to work as a team, all striving for the same purpose to help our clients/children reach their full potential.

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Please keep an eye out for our monthly schedule of PEP talks as well as TWISPP telehealth sessions! Sign ups will be posted at your TWISPP classroom.

If you have any questions, please call us at 310-337-7115 ext. 166 or email us at [twispp@therapywest.org](mailto:twispp@therapywest.org)

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**New Faces: We Welcome You!**  
**Adah, Kailie, Luna**

**Graduating: We Will Miss You!**  
**Bethany, Daniel, Raheem**

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# December CLOTHES

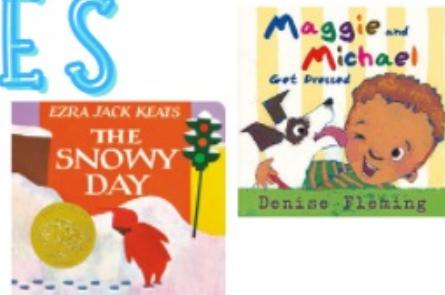
SHAPE: Triangle

COLOR: White

CONCEPT: On and Off

BOOKS: "The Snowy Day"

"Maggie and Michael Get Dressed"



# DECEMBER SONGS



## I'M A LITTLE SNOWMAN

(Sung to the tune of "I'm a Little Teapot")

I'm a little snowman, look at me.

These are my buttons, 1 2 3.

These are my eyes and this is my nose.

I wear a hat and scarf. Brrr...it's cold!

I'm a little snowman, look at me.

These are my buttons, 1 2 3.

These are my eyes and this is my nose.

I wear a hat and scarf. Brrr...it's cold!

# SNOWFLAKES. SNOWFLAKES

(Sung to the tune of "Twinkle, Twinkle, Little Star")

Snowflakes snowflakes all around.

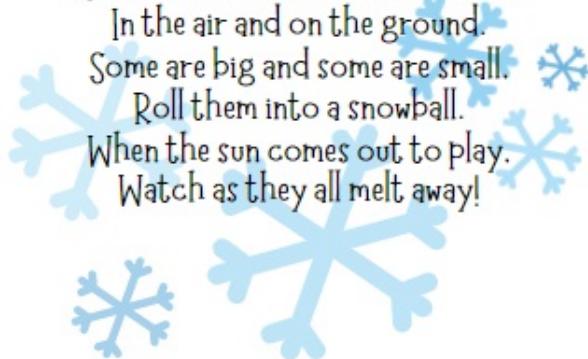
In the air and on the ground.

Some are big and some are small.

Roll them into a snowball.

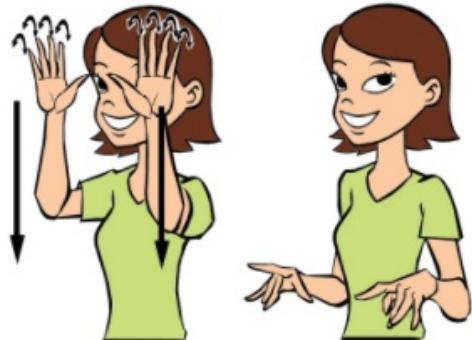
When the sun comes out to play.

Watch as they all melt away!



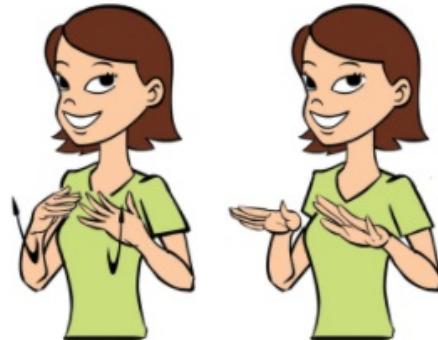
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# DECEMBER SIGNS



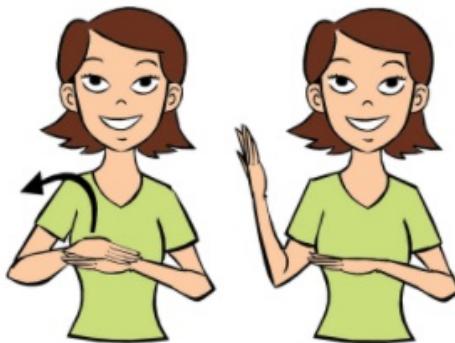
## "SNOW"

To sign snow, your fingers flutter down as if they were snow flakes drifting down from the sky. Take both hands and extend and spread your fingers.



## "CLOTHES"

Clothes is signed by taking both open number 5 hands and touching your thumbs to your shoulders as you brush your hands down the chest a couple times.



## "OFF"

To sign off, hold your non-dominant hand horizontally, with your palm down. Put your dominant hand on top of your other hand, and tilt it up so that it goes from being horizontal to vertical. Bend your dominant forearm at a right angle. The sign is like your hands are a switch moving to the off position.



## "ON"

To sign on, start with your non-dominant hand horizontal, palm facing down, and your dominant hand up at a right angle. Lower the dominant hand so that it becomes flat on top of the non-dominant hand.

[Click here to access images and texts for ASL References](#)

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**MONTHLY OT / PT / ST TIPS!**

# OCCUPATIONAL THERAPY TIP!

## BALLOON AND BUBBLE PLAY

Blow up some balloons or blow bubbles and have some fun!

- Emphasize when balloon or bubbles go "up" and when they come "down"
- Pop bubbles with finger tips, clap hands, or stomp on them with feet
- Mix bubble solution with some safe food coloring and blow bubbles over butcher paper and have them pop or blow over the paper to make bubble (you can put the paper on the wall, floor, or table)
- Hit balloon back and forth like balloon volleyball with hands
- Put some tape on walls at different heights taller than your child (masking tape or tape that is safe for paint) and hit or toss balloons up to make them stick to the wall
- Use a soft foam noodle (swimming noodles are safe and fun) and try to knock balloons down from the wall that were stuck on or hit back and forth

### HOMEMADE BUBBLE RECIPE

Ingredients:

1 1/2 tsp sugar  
1/2 cup dish soap  
1 1/2 cup water  
mixing spoon/stick  
container  
food coloring (optional)

Directions:

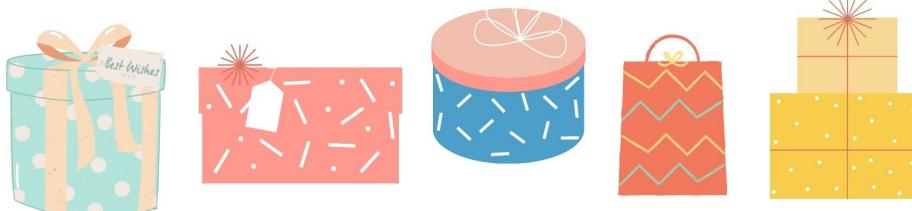
1. Mix everything together and stir
2. Store in container and seal with a lid when not in use

\*\* remember to make it a fun experience for your child and supervise all activities.

# PHYSICAL THERAPY TIP!

## GIFT IDEAS FOR PHYSICAL ACTIVITY FUN!

- Small trampoline
- Hula hoop
- Small cones or goals
- Jump rope
- Yoga mat
- Exercise / therapy ball
- Board games or card games
- Small ball set (basketball, soccer, baseball, football, etc.)
- Ride on toys, tricycles, bicycles (don't forget safety equipment)
- Fitness games for Wii/Xbox (EA Sports Active, KidFit Island Resort, Dance Central, RingFit Adventure, etc.)
- Signing up for lessons including swimming, dance, gymnastics, etc.



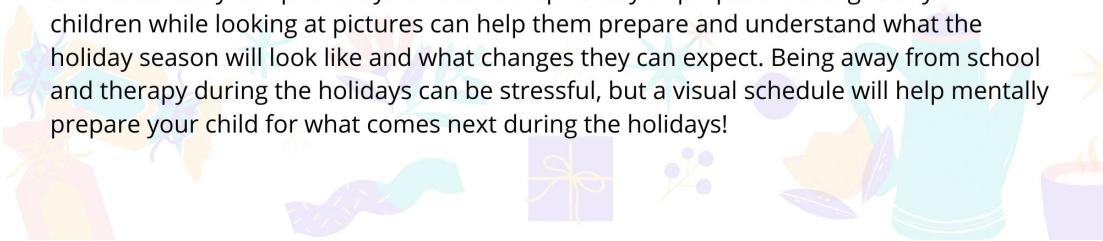
# SPEECH THERAPY TIP!

## SPEECH & LANGUAGE ALL THROUGH THE HOLIDAYS!

It's that time of the year! With so much to celebrate and be thankful for, and so much to do, the hustle and bustle of the holiday season can provide a unique opportunity for speech and language development. Holidays are about listening to joyous music, lively conversations and spending time with family and friends, even virtually!

Another way to facilitate language during the holidays are as simple as taking part in festive activities. Decorating a tree, lighting a menorah, driving through your neighborhood and looking at holiday lights, are all great traditions that provide ample opportunity for language growth.

It is also important to keep in mind that the holiday season can provide a disruption to your day to day routine. In order to prepare for the changes, creating a visual schedule or a social story can provide your child a helpful way to prepare. Talking with your children while looking at pictures can help them prepare and understand what the holiday season will look like and what changes they can expect. Being away from school and therapy during the holidays can be stressful, but a visual schedule will help mentally prepare your child for what comes next during the holidays!



[Click here to access staff directory for emails or phone extensions](#)

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