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Therapy West, Inc. & pLAY Studio

## Located at:

11460 West Washington Boulevard, Los Angeles, CA 90066

18333 South Main Street, Gardena, CA 90248

310.337.7115

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connect with us

Click icon below





# Sign up for our newsletter

Here

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Hello  
*January!*

New year. New  
beginnings.





# Housekeeping

I T E M S



# 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.

# TWISPP SICK POLICY

**For the health and safety of you, your child, and all our families, we ask that you please keep your child home if they exhibit any symptoms of being ill including:**

- 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)

**They can return when they are well and/or have a note from their pediatrician stating they are not contagious (For example, they do not have COVID, a respiratory virus, flu, rash, head lice, etc.)**

If your child is positive with COVID (symptomatic or asymptomatic), they can return:

- After 5 days of isolation (the first day of symptoms is day "0"),
- PLUS fever free without fever reducing medication for at least 24 hours
- PLUS a negative COVID antigen test on day 6. They will have to be able to wear a well-fitting mask before, during, and after therapy when around others.
- If the COVID test on day 6 is positive, they must remain at home until they have completed 10 days of isolation.

If you will be keeping your child home from TWISPP, please make sure to let us know by calling and leaving a voicemail (310-337-7115 ext.361) OR by emailing us ([twispp@therapywest.org](mailto:twispp@therapywest.org)) by 8:00am the morning of.

**Thank you for your cooperation in keeping everyone safe and healthy!**

When your child is no longer sick, we are happy to provide make up classes for the days they missed. Just ask your TWISPP teacher if there is space.





# Client Review

We value your feedback and are eager to hear from you. Whether you have suggestions for improvement or want to share positive experiences, please click on the link below to provide your input regarding Therapy West staff or therapists. Your opinions are important to us.

**[Leave a review here!](#)**



***Reminder***  
*please fill out*  
*the 2025 forms*

# Now Enrolling!

We have immediate availability in our center based program (TWISPP) at both of our locations!

## GARDENA

(vendor code HW0528)

Monday - Friday

9:00am-11:45am

## LOS ANGELES

(vendor code H19268)

Monday-Friday

9:00am-11:45am



If you have any questions or would like to send referrals, please call us at 310-337-7115 ext. 166 or



email us at [twispp@therapywest.org](mailto:twispp@therapywest.org)

As always, thank you for all your referrals!

## MONTHLY OT/PT/ST TIPS!!!

### **OCCUPATIONAL THERAPY TIP!**

## New Year Cards!

Need to thank anyone from the holidays? Or just say "hi" or "thinking of you"? Get some construction paper or blank cards and create cards with your child!



### sun & moon cards

Draw circles and color in yellow like a sun or leave white like a moon. Have child help color it in, or crumple up tissue paper with hands or fingers to glue in-side the circle. Add eyes, nose, and a mouth!



### hand-print cards

Get a paper plate and fill it with paint. Have child put hand in paint and press onto card. On large paper to make a poster, you can have the child do multiple stamps of hands!



# PHYSICAL THERAPY TIP!

it's important to stay active even during the cold weather.

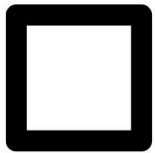
here are some tips to help get kids to be active:

- Provide your children with toys and equipment that encourage physical activity
- Be a good role model and take part in physical activities yourself
  - Make it part of your family's routine
- Make it fun and encourage both structured (recreational camps, sport teams, etc.) and unstructured (free play) activities.



# SPEECH THERAPY TIP!

At the end of the day... routine is a vital part of our everyday life style. we often find ourselves walking our children through the steps of these daily routines like we are on autopilot. How often do you repeatedly say "Now, it's almost bedtime. so, brush your teeth, wear your PJs, and get into bed."? For some parents, this is something that is said every night and sometimes repeated multiple times.



What if we stopped giving step by step directions and instead ask - "What should we do to get ready for bed?" By asking this questions your child should have an idea of what that would look like. The other part to this questions is for you to better understand and learn your child's perception of "being ready for bed." From there, you can guide your child through the steps with cues and other similar questions until they truly understand what it means to get ready for sleep.

**CALENDAR OF EVENTS**

# JANUARY

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			TW CLOSED <sup>01</sup>	<sup>02</sup>	<sup>03</sup>	Spaghetti Day <sup>04</sup> 
<sup>05</sup>	<sup>06</sup>	<sup>07</sup>	<sup>08</sup>	<sup>09</sup>	<sup>10</sup>	<sup>11</sup>
<sup>12</sup>	<sup>13</sup>	PEP TALK <sup>14</sup> 11 am @WN GN- ZOOM	<sup>15</sup>	<sup>16</sup>	<sup>17</sup>	<sup>18</sup>
<sup>19</sup>	TW CLOSED in <sup>20</sup> observance of MLK day	<sup>21</sup>	<sup>22</sup>	<sup>23</sup>	<sup>24</sup>	<sup>25</sup>
<sup>26</sup>	<sup>27</sup>	<sup>28</sup>	<sup>29</sup>	<sup>30</sup>	<sup>31</sup>	

**TWISPP MONTHLY THEME**

# Happy New Year!

## **PEP TALK: IEP TRANSITION**

**Tuesday, 01/14,  
11:00am**  
at our Washington  
Location

**AVAILABLE VIA ZOOM**  
for GN Location & those that  
cannot make it in person

.....  
ALL OUR PEP TALKS ARE FREE AND OPEN  
TO OUR THERAPY WEST FAMILIES.  
PARENTS AND CAREGIVERS ARE  
WELCOME TO SIGN UP FOR TALKS AT  
ANY LOCATION.

## **This Month**

**THEME:**  
clothing

**CONCEPT:**  
on and off

**COLORS:**  
white

**SHAPE:**  
triangle

### **BOOKS OF THE MONTH**

"The Snowy Day"  
by Ezra Jack

"Maggie and Michael  
Get Dressed"  
by Denise Fleming

### **SONGS OF THE MONTH**

"I'm a Little Snowman"

"Winter Snow"

"Snowflakes, Snowflakes"

## **TWISPP CLOSED ON:**

**Monday, 01/01/2025  
and  
Monday, 01/20/2025**

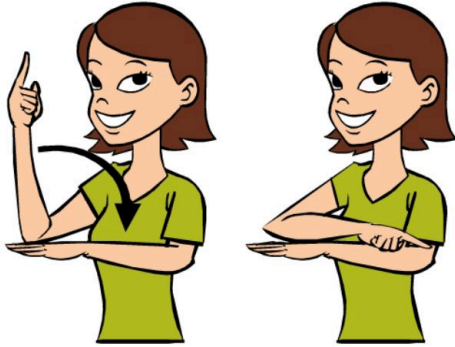
If your child is scheduled to  
come to class on one or more  
of these days, please talk with  
your teacher to reschedule  
your class.

.....  
IF YOU HAVE ANY QUESTIONS OR  
CONCERNS, PLEASE GIVE US A CALL AT  
(310) 337-7115 EXT. 166 OR  
EMAIL US AT [TWISPP@THERAPYWEST.ORG](mailto:TWISPP@THERAPYWEST.ORG)

**AMERICAN SIGN LANGUAGE**

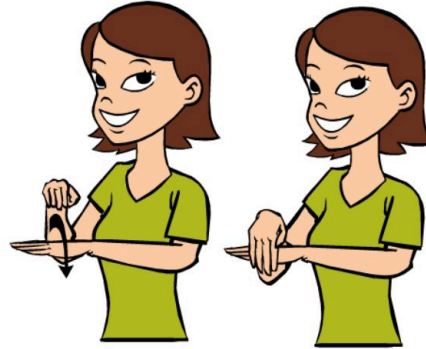


# Learn Sign Language



## "Day"

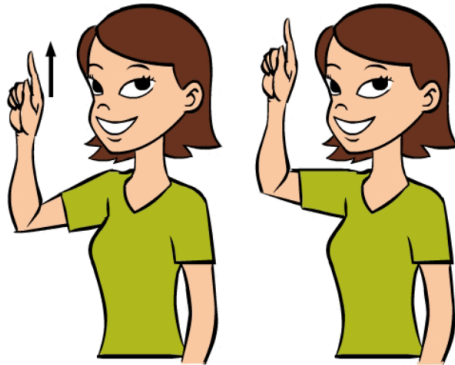
The sign for day uses both hands and arms. The pointer of your left arm connects to the right arm elbow. With your right pointer in the air, you will move the arm down.



## "Night"

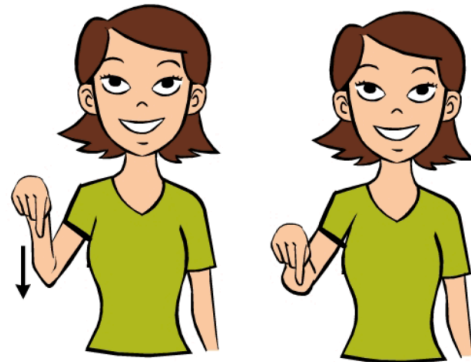
The sign for night is made by holding your nondominant arm horizontally, palm down, pointing to the side. (If you are right handed, that means your left arm would be pointing toward the right.) Put your dominant hand's wrist on the back of your nondominant hand, fingertips pointing down.

# Learn Sign Language



## "Up"

The sign for up is made by taking your index finger and aiming it skyward. Raise and lower your arm so it is like you are pointing up at the sky.



## "Down"

To sign down simply point your index down and move your hand in a downward motion.

**MEET OUR STAFF**

# JULIANA



I am an Occupational Therapist with over 30 years of experience working with the pediatric population at Therapy West, Inc. I am currently the coordinator of our Early Intervention group program (TWISPP) at the Washington location and a supervisor of clinical practice. I received a Doctorate of Occupational Therapy degree from the University of Southern California, as well as, an advanced practice certification in feeding and swallowing, Sensory Integration, and the Neurodevelopment Treatment approach.

I have lectured nationally and internationally on a variety of themes, including sensory integration, feeding, and development. I was born in Bogotá, Colombia, enjoy spending time with my family (any minute I can) and love nature and the outdoors.

**TWISPP EVENTS**

**COMMUNITY EVENTS**



# Round Up for AUTISM



PARTICIPATING LOCATIONS





Westside Events Here!!



South Bay Events Here!!



South LA Events Here!!



my way  
matinee

a **sensory friendly** place where I can be ME!

Free to move & talk • Lower sound • Brighter lights

## Sensory-Friendly Movies

Regal's My Way Matinee gives everyone the opportunity to experience a movie with the lights turned up and the volume turned down. This becomes a safe space where our guests are free to express themselves by singing, crying, dancing, walking around, talking or shouting while enjoying Hollywood's latest films!

These showings will be the first show of the day on select Saturdays each month at participating locations.

Showings here

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# THERAPY WESTERS SPREADING THE WORD...



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**Our mailing address is:**  
11460 West Washington Blvd., Los Angeles, CA 90066\*

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