View this email in your browser

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



Email Website Instagram Facebook

Sign up for our newsletter

Here




TW
40
Years of pLAy

Housekeeping

ITEMS

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) 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!



With the holidays coming up, please remember to notify your therapists of any planned vacations or days you'll be out. Be sure to coordinate and schedule any necessary makeup sessions in advance. Thank you!

Therapy West, Inc.


THERAPY WEST, INC.
THERAPY WEST, INC., NOW ACCEPTS SELF-DETERMINATION FUNDING FROM THE REGIONAL CENTERS. IT CAN BE USED FOR GROUPS SUCH AS THE SOCIAL GROUPS AND THE SATURDAY CAMP

Now Enrolling!

We have immediate availability in our center based program (TWISPP: 18 months- 3 years) 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

As always, thank you for all your referrals!

MONTHLY OT/PT/ST TIPS!!!

OCCUPATIONAL THERAPY TIP!

🥧 November OT Tip: “Little Helpers in the Kitchen!”

The kitchen is full of therapy opportunities this month! Let your child join in simple food prep to build fine motor, sensory, and self-help skills.

👋 Try this:

- Stirring batter – builds arm and shoulder strength
- Scooping mashed potatoes – great for hand-eye coordination
- Tearing lettuce or bread – strengthens fingers for prewriting
- Pouring ingredients – practices control and bilateral coordination
- Smelling and touching foods – supports sensory exploration



🎯 Therapy Focus:

- Fine motor skills
- Bilateral coordination
- Sensory processing
- Independence with daily routines

🧡 Parent Tip: Don’t worry about the mess—each spill is a chance to practice control, patience, and confidence!

physical therapy tip!

Gross Motor Activities

With the holidays coming up it is important to keep your kids active. The CDC recommends that kids engage in 60 minutes of physical a day.

Animal Walks

-stand like a flamingo, walk like a bear or crab

Indoor obstacle course

-move your couch cushions, and grab your pillows and make an obstacle





SPEECH THERAPY TIP!

🍂 November Speech Tip: “Talk and Taste!”

November is the perfect time to build language skills around food and mealtime! During snack or meal prep, encourage your child to explore and describe foods using all their senses.

🗣️ Try this:

- Label foods: “Apple! Crunchy apple!”
- Use action words: “Cut,” “stir,” “taste,” “bite,” “chew.”
- Talk about feelings: “It’s sweet!” “It’s cold!” “You like it!”
- Model simple phrases: “More turkey,” “Big spoon,” “Hot soup.”

🎯 Therapy Focus:

- Vocabulary building (food names, actions, descriptors)
- Expanding phrases
- Encouraging communication during everyday routines

🧡 Tip for parents: Let your child help with simple food prep—touching, smelling, and tasting different foods makes language learning fun and meaningful!

CALENDAR OF EVENTS



TWISPP MONTHLY THEME



Looking Ahead...

There are so many holidays coming up! Here's a list of days that TWISPP will be closed:

Wednesday 11/11
Thursday 11/26
Friday 11/27
Thursday 12/24
Friday 12/25
&
Friday 01/01

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.

Costume Donations:

We are looking for gently used costumes to add to our dress up bins! If you have any that you would like to donate, please give them to your teachers!

Thank you!



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

Thanksgiving Potluck!



Check in with your teachers for a sign up sheet!

Sign up at your classroom and bring your favorite Thanksgiving dish to share!

Siblings are welcome!

SEE FLYER FOR MORE INFORMATION AND SIGN UP AT YOUR CLASSROOM!

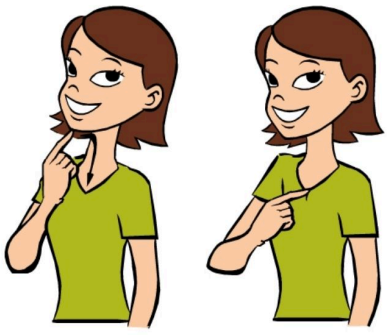
AMERICAN SIGN LANGUAGE

Learn Sign Language



"Hungry"

Take your hand and make it into a cshape with your palm facing your body. Start with your hand around your neck and move it down. The sign is a lot like food going down into your stomach.



"Thirsty"

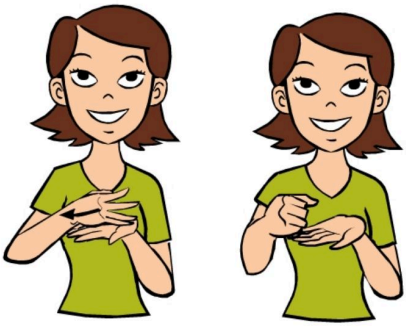
Extend your index finger and move it down from your chin to your tummy. It is like you are tracing the path of the water going down into your stomach.

Learn Sign Language



"Full"

Take your strong hand horizontal out in front of you at around waist height. To make the sign for full raise the hand up until it hits your chin.Remember the baby sign for full by thinking of your food piling up so high it is going from your stomach all the way up to your chin because you are so full.



"All Gone"

All gone begins with your dominant hand open and palm facing inward. You non-dominant hand lays open and flat to form a base with your palm facing the sky. You perform the sign by moving your dominant hand forward while clenching your first.The motion is similar to clearing a table, as if you were wiping everything off the surface so that the contents are all gone.

MEET OUR STAFF

WELCOME



SAVANNAH

Savannah Runge, OTD, license pending, received her Occupational Therapy Doctorate with a graduate certificate in Sensory Processing and Sensory Integration from the University of Southern California. Prior to pursuing occupational therapy, Savannah earned a bachelor's degree in Theatre Arts and Pre-Medical Studies from Northwestern University and loves bringing her creative arts background into her work. Utilizing her love of storytelling, Savannah completed her doctoral capstone at the Therapy West, where she co-developed the All-Stars Arts & Athletics Enrichment Program, where participants wrote and performed their own original stories. As a neurodivergent therapist, Savannah is passionate about neurodiversity-affirming, family-centered care that honors each child's strengths, interests, and autonomy. Outside of the clinic, Savannah enjoys reading fantasy (and cheesy romance), exploring new restaurants, and being thoroughly outnumbered by her three cats.

CONGRATULATIONS

Emily & Family on welcoming your new bundle of joy!



TWISPP EVENTS

GN TWISPP TRUNK-OR-TREAT





CARE BEARS

CHECK THESE VIDEOS OUT!



Check out our very own OT Kevin's Son Artemis in Meekah's Five Senses: My Body is Amazing!



Check out another video with our very own OT Kevin's son Artemis in Meekah's Body Confidence Music Video

COMMUNITY EVENTS



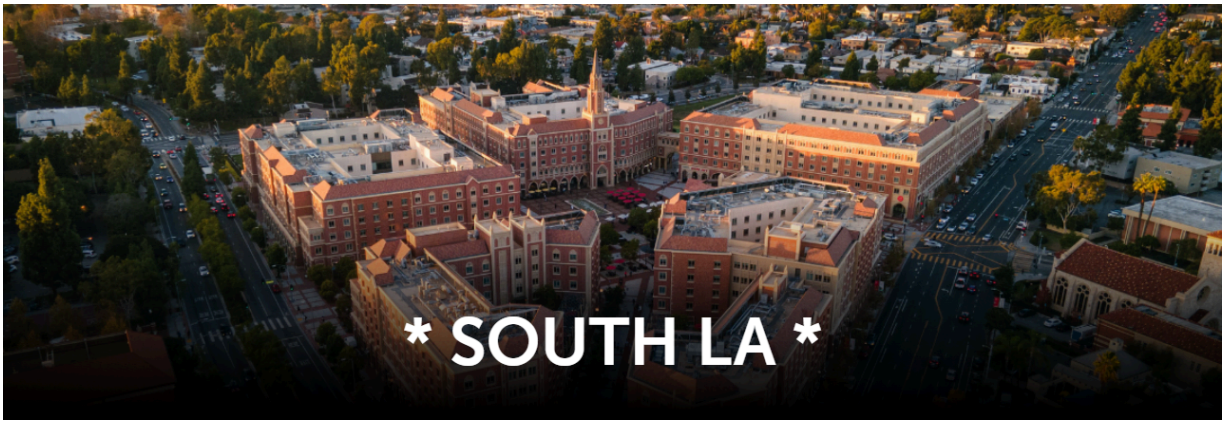
PARTICIPATING LOCATIONS



Westside Events Here!!



South Bay Events Here!!



South LA Events Here!!



Showings here

COMMUNITY EVENTS

THERAPY WESTERS SPREADING THE WORD...

THE OCCUPATIONAL THERAPY ASSOCIATION OF CALIFORNIA IS HAVING THEIR ANNUAL CONFERENCE NOVEMBER 5-8. HERE ARE THE THERAPY WESTERS WHO WILL BE PRESENTING

- ERNA IMPERATORE BLANCHE, JANET GUNTER: “USING SENSORY INTEGRATION THEORY IN CONTEMPORARY CLINICAL PRACTICE.” (4 HOURS)
- JANET GUNTER, JULIANA GUTIERREZ: “CLINICAL REASONING USING SI THEORY IN PRACTICE (1 HOUR)
- ERNA IMPERATORE BLANCHE: “LOOKING AT RESOURCE DEVELOPMENT IN THE AUTISM COMMUNITY THROUGH THE LENS OF OCCUPATION” (1.5 HOURS)
- WINNY SOENARYO: “AUDITING THE LOAD: OCCUPATIONAL BALANCE FOR OTP PARENTS” (1.5 HOURS)
- DOMINIQUE KIEFER & LISA TEST: “THE WRITE STUFF: EVALUATION AND TREATMENT FOR DYSGRAPHIA” (1.5 HOURS)

---

*Copyright © *2022* *Therapy West, Inc.*, All rights reserved.*

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

Want to change how you receive these emails?
You can update your preferences or unsubscribe from this list.