

# Parent Resource Newsletter

January 2012

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**▶ WORKSHOPS AND CLASSES**

**VMC Parent Support Groups**

Every Wednesday

**Toddler (ages 1-2 years)**  
10 – 11:30 AM

**Crawler (ages 7-12 months)**  
11:30 AM – 1 PM

**Baby (ages 0-6 months)**  
1 – 2:30 PM

Medical Arts Center, 4033 Talbot Road South, Renton (north end of VMC campus by north parking garage) 1st Floor, Room D. For more information, see [online](#) or call 425.228.3440, ext 2526.

**▶ DONOR CORNER**

Thanks to:

**Evelyn S. for the cookies and fruit snacks for feeding therapy**



**Lastimosa Family for the box of pull-up training pants**

**Miles Scott for the I-Spy flash cards**

**Help Us Keep Our Food Pantry Stocked**

We often need to stock our pantry for feeding therapy and meal preparation sessions. These sessions help teach some patients to eat various textures and others to learn how to prepare simple meals.

Children's Therapy and the patients we serve would greatly appreciate donations of: **Individual packets of cookies**

**▶ CHILDREN'S THERAPY WEBSITE**

**▶ PREVIOUS NEWSLETTERS**

**Back Issues of the *Parent Resource Newsletter* Available Online**

[Click here](#) to view back issues of the Children's Therapy Parent Resource Newsletter.

**If This is Your First Parent Resource Newsletter**

Welcome to all of our new families! The *Parent Resource* is our monthly e-newsletter, keeping you current with what's going on that may be of interest to your family. Printed copies are also available at Children's Therapy. We'll keep you up-to-date about resources and events in the area, while providing information about Children's Therapy policies and changes. We welcome your comments—please tell your therapist if you have any suggestions or input. Information about non-VMC sponsored events is for your consideration only: we cannot guarantee the accuracy/content of the listed events and services.

## Champion US Figure Skater Visits Children's Therapy!

It was a scene of wide smiles, shy grins and twinkling eyes as an excited gathering of Children's Therapy patients met and chatted with US Figure Skater Kimmie Meissner at VMC's Children's Therapy on January 12. The 2006 World Champion and 2007 US National Champion was in town promoting the [Pandora Unforgettable Moments of Love on Ice show](#) where she will be performing with a group of fellow champions on January 26 at ShoWare Center in Kent. [Read more...](#)



### Inclement Weather / Disaster Events



Please keep [inclement weather/disaster magnets](#) handy. If you need one, please ask at the front desk. **If there is a snow/weather event, closures will be announced/updated through our phone line...no calls will be made.** Please check the outgoing phone message before coming in. Thank you.

## Join Us for the "You Are Remarkable" Children's Celebration!

**Free fun and frolicking for the whole family!**

**Saturday, March 3, 2012, 10 AM – 2 PM**  
**ShoWare Center, 625 W. James Street, Kent WA 98032**

Valley Medical Center's staff can hardly wait to hear the giggles and scampering of little feet at our "You Are Remarkable" Children's Celebration! The event commemorates four of Valley Medical Center's remarkable milestones:

- **Valley's Birth Center & Neonatal Intensive Care Unit 10<sup>th</sup> Anniversary Family Reunion**
- **Valley's Midwives Clinic 5<sup>th</sup> Anniversary Family Reunion**
- **New Valley Women's Healthcare clinic**
- **The launch of Pitter Patter**



**Activities Galore!**

- Bouncy houses, giant slide & two rock walls
- Free kid-friendly refreshments
- Appearances by Seahawks mascot, Blitz and T-birds mascot, Cool Bird!
- *Rockin' Fun* with Doug Fleming, entertaining tunes for kids & adults
- Hockey Challenge—expert advice for shooting that puck into the net!
- Arts & crafts, face painting and games
- Safety Fair with free bike helmet fitting & low-cost helmets, photo & fingerprint ID cards & more!
- Parenting & Childbirth Resource Center: come ask our experts about anything from breastfeeding to keeping your young athlete healthy, & everything in between
- Check out VMC's exciting new plans to expand our Birth Center & Neonatal ICU!
- And much more!

[Register for this free event today!](#)

Sponsored by VMC's Pitter Patter program



**What is Pitter Patter?**

Pitter Patter is a brand new, free health and wellness program for young families. Our mission is to be there every step of the way by providing the expertise of our staff, an invaluable array of services and opportunities for education and family fun. Join Pitter Patter today—it's designed to make your childbirth and parenting experience wonderful, memorable and more informed! [Get more info](#) about Pitter Patter membership benefits and register for your free membership today!

## Looking for a Job? Try the Job Club!

Looking for a job? Don't go it alone! Join Renton's Job Club. Connect with fellow job seekers for support and networking, and learn about resources to help you find employment. Meets every Tuesday at Renton Library, 100 Mill Ave. S, Renton from 1 - 2:30 PM.

### PARENT EDUCATION: Adding the Right Pieces for a Successful Educational Experience



**Wednesday, February 15, 2012 at 7 PM**

School can be a stressful place for children with ASD and neurodevelopmental disorders. Parents and caregivers, join Carrie Sheppard, LMHC, and Rudy Lorber, MD, and learn how to accurately identify your child's needs and strengths, match the appropriate level of support/stimulation, and work with educators. Learn how neuropsychological services can help define your child's educational needs, leading to a more effective and tailored road map for educational and social programming. Childcare is not available for this presentation. MindSource Center, 27023 164th Ave. SE, Covington. [Register online](#) or call 253.639.7146. Cost is \$20.

## Sing and Dance with Charlie! Children's Program

**Monday, January 30, 2012 at 10:30 AM**

Charlie Hope children's music is melodic, interactive and sing-able! Whether you're a parent or child, you'll stomp your feet, become a train or roar like a lion. For children ages 7 and younger at the Kent Library, 212 2<sup>nd</sup> Ave. N, Kent. Sponsored by the Friends of the Kent Library.

## Gymnastics for Kids with Special Needs! First Class is Free!

[Metropolitan Gyms's Mover & Groovers](#) class on Fridays, 4:30 – 5:30 PM at Metropolitan Gymnastics. **By reservation only.**

After the first month, purchase a \$100.00 punch card with a 12 class limit. Punch cards expire after 3 months or when the 12 classes have been used. One time membership fee of \$20.00. Classes are co-ed (ages 4-18) and adapted for children with special educational needs and/or special physical needs. A physical therapist has been consulted to adapt events accordingly. Come join the fun! Parent involvement is encouraged.

For information and/or questions please call 425. 282.5010.

## Child Care Resource & Referral in King County

Child Care Resource & Referral supports communities by:

- Helping parents find quality child care for their children
- Sharing parenting and child development information with families who seek it
- Providing training to professionals so their care is high quality and their businesses are strong
- Collaborating with local partners to ensure that child care is available and affordable in every community
- Advocating for effective public policies that support families and child care providers

For more info, visit [Local Child Care Resource & Referral](#) or call 206. 329.1011.

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### What we Learned about Kimmie

Kimmie, 22 years old and a student at the University of Delaware, is thinking about becoming a physical therapist and working with pediatric cancer patients. She is a spokesperson for the Cool Kids Campaign, a nonprofit providing kids with cancer a higher quality of life for themselves and their families. Interested in how our children like their therapists and which different therapies they were receiving, Kimmie laughed when one enthusiastic girl said, "I love my physical therapist! We have so much fun together. She's mean AND sweet!"

Kimmie explained her interest in PT, "I find how the body moves fascinating. I've had a lot physical therapy myself for injuries. When I dislocated my knee cap and got tendonitis, I went in for therapy three times a week." It took her two years to heal from that injury.

When asked if she had her medals with her, Kimmie explained that while she doesn't travel with them, one is on display in her Bel Air, Maryland hometown museum. Though they signify an important achievement, they are really quite small--about the size of a quarter.

Kimmie said when she was younger, she really liked to jump. Now she prefers just skating and breathing. Though she's no longer competing, she still practices on the ice 1.5 to 2 hours daily. During competition, that time ratcheted up to 3 hours on the ice and 2 hours of working out. The second American woman to land a triple axel, she began practicing the difficult jump secured by harasses and lots of padding, as well as jumping a lot off- ice. "When you're doing a new jump, you fall and fall and fall. I did a face plant the first time I tried the triple without the harness," she said. "But I just kept at it."

Kimmie grew up playing a lot of sports with her two brothers. Tired of being a spectator at their hockey games and practices, she took up skating at the other section of the rink. "My brothers take all the credit now for my skating," she said. "Skating has helped me set out what I want to do."