

# Parent Resource Newsletter

Welcome to all of our new families! The Family Resource Update 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.

## Children with Coordination & Balance Challenges May Participate in UW Study



Occupational and physical therapists at the University of Washington are developing a computer test to understand balance problems in children. They are looking for children who have difficulty with coordination and balance, aged 8 - 15 years with no prenatal alcohol exposure, to participate in a variety of balance and movement activities and answer questions about

the physical activities he or she participates in. The 2.5 - 3 hour evaluation will be conducted at the UW in the Movement Analysis Lab in the Department of Rehabilitation Medicine. To learn more, please contact Beth Gendler, MSW, at 206.598.8333.

## Music and Yoga Around the World Summer Camp

At Music and Yoga Around the World, children ages 4-10 will expand their musical and cultural knowledge and strengthen their bodies and minds. They are invited to explore different countries and regions through yoga, singing, dancing, instrument playing, cooperative games and other fun activities. The camp runs June 27th-July 1st from 9 AM -12:30 PM at Lakewood/Seward Park Community Club, 4916 S Angeline St, Seattle. Cost is \$195. Register at [yoga.with.nicole@gmail.com](mailto:yoga.with.nicole@gmail.com) or call 206.280.1408.

### Kids Bowl FREE!

Bowling centers from around the country are giving away 2 free games of bowling EACH DAY as an opportunity for kids and families to enjoy bowling during the summer months. The "Kids Bowl Free" program is only available at participating centers.

Visit [kidsbowlfree.com](http://kidsbowlfree.com) to register your child(ren) for free bowling and to find local bowling alleys offering this summer program.



## Remarkable Things Grow Here—Farmer's Market at VMC



Sundays through September 18, 12 – 4 PM  
VMC's main parking lot off Talbot Road

More than two dozen vendors selling fresh, locally grown fruit, vegetables, flowers and more. WIC produce and Farmer's Market checks accepted by some growers.

July 2011

### IN THIS ISSUE

- ▶ [UW Study Participation](#)
- ▶ [Music and Yoga Summer Camp](#)
- ▶ [Kids Bowl FREE](#)
- ▶ [Farmer's Market at VMC](#)
- ▶ [Free, New Walking Program](#)
- ▶ [Free Sports Physicals](#)
- ▶ [Supermarket Super Tours](#)
- ▶ [Food Donations](#)
- ▶ [Workshops and Classes](#)
- ▶ [Previous Newsletter Issues](#)
- ▶ [New Email Contact Info Needed](#)

### ▶ WORKSHOPS AND CLASSES

#### Upcoming Opportunities for VMC's Free Bike Helmet Fitting and Low Cost Bike Helmets

To better serve the community, we are excited to bring our free bike helmet fitting service for children and adults to community events this summer. Helmets available for \$8 for those over age 1. Must be present to purchase a helmet so it can be fit properly.

#### Renton River Days

Friday, July 23, 10 AM - 4 PM

#### Newcastle Day

Saturday, September 10, 10 AM – 4 PM

If these dates and times aren't convenient, visit [valleymed.org/Our\\_Services/Rehabilitation\\_Services](http://valleymed.org/Our_Services/Rehabilitation_Services) for a listing of other organizations who offer free fittings and low-cost helmets.

#### Autism 207: ABA-From Discrete Trial to Pivotal Response Training

Thursday, July 21, 2011

Instructor: Mendy Minjarez, PhD

Classes are held at Seattle Children's Hospital from 7 to 8:30 PM in Wright Auditorium. Visit [seattlechildrens.org/classes-community/classes-events/autism-200-series/](http://seattlechildrens.org/classes-community/classes-events/autism-200-series/) to register or call 206.987.8080.

## Pitter Patter with the Y— A Free, New Walking Program

**Wednesdays, through August 31 at 9 AM**  
**Meet at Gene Coulon Park playground**  
**1201 Lake Washington Blvd, Renton**

Bring your sneakers, strollers, children and friends for a weekly group walk sponsored by VMC's Pitter Patter club and the Coal Creek YMCA. All ages are welcome to attend this 2-mile, 30 minute loop walk, followed by a stretching session, led by YMCA fitness instructors.



## FREE Sports Physicals for Middle and High School Students!



**Saturday, August 13, 8 AM – 12 PM**  
**Kentlake High School**

Physicians from VMC's Clinic Network will be conducting FREE sports physicals. Register now at 425.656.INFO. Students from any school district welcome. Complete and bring a signed Minor Consent Form and your school district Sports Physical Form. Visit [valleymed.org/Sports\\_Physicals.htm](http://valleymed.org/Sports_Physicals.htm) for Kent School District forms.

## Supermarket Super Tours!

**Thursday, July 21, 6 – 7:30 PM at Renton Fred Meyer**  
**\$25 per person/\$35 per couple**

Join a Registered Dietitian for a personalized grocery store tour! After the tour, you'll be able to: read a food label with confidence; master tricks to finding the most "heart-healthy" choices; compare and contrast foods for their "good-for-you" qualities; prioritize your grocery dollars for the healthiest eats. Contact the Diabetes Education & Nutrition Clinic to register: 425.656.5377 or [tayna\\_deering@valleymed.org](mailto:tayna_deering@valleymed.org).



## Food Donations

We often need to stock our food pantry for the feeding therapy and meal preparation sessions with our patients. Some patients are learning to eat various textures and others are practicing simple meal preparation. Children's Therapy is always appreciative of food pantry donations. Currently we are in need of:

**July:** Individual packages of pretzels

**August:** Individual packages or box of goldfish crackers

## The Inclusive Classroom and Learning Disabilities in Children

The following classes will be held at the Three Rivers Convention Center in Kennewick, WA. For additional information and registration, visit [store.spectrumtrainingsystemsinc.com/kewa120.html](http://store.spectrumtrainingsystemsinc.com/kewa120.html).

### It's So Much Work to Be Your Friend: Helping the Child with Learning Disabilities Find Social Success

Monday, August 1, 2011  
Instructor: Rick Lavoie, MA, MEd.

### The Inclusive Classroom

Tuesday, August 2, 2011  
Instructor: Paula Kluth, Ph.D.

### BodyWorks—A Toolkit for Teens & Strong Families

Tuesday, September 13, weekly through  
November 15; 6:30 – 8:45 PM

This FREE 10-week course provides tools to improve family eating and activity habits. Joanne Montzingo, Nutritionist, presents comprehensive information about making small behavior changes for maintaining healthy weight. Geared specifically for parents, caregivers and young people ages 9 to 16. Young people are encouraged to attend. Held at VMC's Medical Arts Center, 1st Floor, 400 South 43rd Street, Renton. Visit [valleymed.org/events](http://valleymed.org/events) to register or call 425.656.INFO (4636).

### As Girls Grow Up

Tuesday, September 27, 6:30 – 8:45 PM

Monica Richter, MD, and Bridgett Blackburn, MS, present a FREE seminar on the physical and emotional aspects of puberty, including menstruation, body changes, sexuality and how babies are conceived. For girls ages 9 to 12 and their parents or caregivers. Held at VMC's Medical Arts Center, 1st Floor, 400 South 43rd Street, Renton. Visit [valleymed.org/events](http://valleymed.org/events) to register or call 425.656.INFO (4636).

## ▶ PREVIOUS NEWSLETTERS

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

Visit [valleymed.org/Our\\_Services/Rehabilitation\\_Services](http://valleymed.org/Our_Services/Rehabilitation_Services) to view back issues of the Children's Therapy Parent Resource eNewsletter.

## Refreshing the Children's Therapy Email List: We Need Updated Information Please

Now that we've refreshed the look of our Parent Resource newsletter, we're also refreshing our email list. When you come into Children's Therapy for your child's appointment, we'll be asking you to fill out a form with your current email address and some other basic information to comply with our new email system. We encourage you to fill out this form so you'll continue to receive valuable information from Children's Therapy. You may also update your email information by emailing [marketing@valleymed.org](mailto:marketing@valleymed.org) with:

- Parent/guardian's first and last name
- Patient's first and last name
- Patient's date of birth

Should you wish to discontinue your subscription, you may do so at any time by clicking the "Unsubscribe" link on this newsletter. We thank you for your help and look forward to bringing your family up-to-date information and resources.