

Notes of Hope

BARBARA OLSON

Center of Hope



A TRADITION OF EXCELLENCE IN THE FIELD OF DISABILITIES SINCE 1948.

WWW.B-OLSONCENTEROFHOPE.ORG

New Clinic Hours at Barbara Olson Center of Hope

We will be opening our Occupational Therapy Clinic to the public on Mondays and Wednesdays from 2:00 to 4:00 p.m., where we will see patients for a fee. We expect to open the clinic to the public in November. Where appropriate, we will bill insurance companies. We are working on our Medicaid billing for occupational therapy, and this may be another form of payment for people who want to come for services at the clinic. To sign up for a therapy appointment you will need to have a doctor's prescription. Please call our Occupational Therapy Department for more details: (815) 964-9275 extension 233; or call Tess Oster, our Occupational Therapist, at (815) 964-9275 extension 223. ♥

Occupational Therapy Happenings at Barbara Olson Center of Hope

We are very excited to offer a full array of programs here at Barbara Olson Center of Hope. We have programs offered throughout the building and are adding as we can. Listed below you will find the O.T. programs we currently offer and how many times a week we offer them.

Yoga

4 classes a week

Social Motor Group

2 classes a week

Range of Motion Group

3 classes a week

What is Occupational Therapy?



Occupational Therapy can cover many aspects. It can be a support for people who have had accidents or strokes to gain back skills they previously had. It can be a support for people with neurological diseases to gain back or develop new skills. Occupational Therapy is concerned with helping individuals gain their highest level of function. This will be different for each person. What each person's highest level of function is will depend on them and on their diagnosis.

At Barbara Olson Center of Hope we strive to support and encourage all of our participants to reach their personal best and to follow their dreams. Sometimes a participant may need more supports than someone else. Our staff is well trained to meet these needs; however, occasionally, more support is needed. This is often when the Occupational Therapist is called in. At the Center of Hope we do not address just the more apparent motor needs with therapy but also the sensory needs. We are unique among other day training centers in that we not only have an Occupational Therapist on staff, but we also have programs which are carried out throughout the day by our direct support staff under the direction of the O.T. We are passionate about sharing successful tools with our staff so that they can better meet the needs of our participants.

Because our staff has taken this challenge seriously, we have been able to develop programs with protocols and procedures that we can use with confidence. This allows our participants increased opportunity to gain new skills or participate in activities that they might not otherwise be a part of.

In working with the participants at the Barbara Olson Center of Hope, it has become apparent that there are no similar services in the community for adults with disabilities. We will be expanding the Occupational Therapy room and will be moving it to the front of the building. We will be taking over part of what used to be the participant lounge to accommodate the new Occupational Therapy Clinic. We are opening our therapy doors to adults in the community with disabilities. These clinic hours will not interfere with ongoing programs we currently have at Barbara Olson Center of Hope. ♥

In addition to group opportunities we have participants taking part in the Therapeutic Listening program, our Multi Sensory room, and TEACCH based programs. We have an Equipment/Positioning room that is used by participants in the building who need to change position and need assistance and equipment. ♥

BARBARA OLSON CENTER OF HOPE • FALL 2011

OUR MISSION: Help individuals with developmental disabilities reach personal goals through individualized skill development, vocational opportunities and community service.



Staff Betty A. assisting Tom M. in our equipment room.



Lorraine K. having a good time under the fiber optic light in Multi-Sensory Room.



Lance K. doing TEACCH work in his room.



From left, Eric K., Joey L. and William H. having fun during Social Motor group with the parachute.

Equipment/ Positioning Room

We currently have a small room set aside for our large equipment for positioning. This is a room that some of our participants will visit to change position into a stander, walker, or onto a mat table. We have recently received a generous grant from Schneider Electric Building LLC Fund through the Community Foundation of Northern Illinois. These funds will be used to purchase positioning equipment for our participants who need this support. This will allow us the opportunity to provide a change in position for more participants who are unable to assume or maintain these positions independently.

Multi Sensory Room

This room is fondly referred to as the Moonlight room. This room is under the direction of the Occupational Therapy Department. Participants who go in here must have a prescription for O.T. and a signed parental permission slip. Support staff is trained before they take participants into this room. The staff and O.T. will set an appropriate goal to work on. Participants go in this room on a rotational basis. The Moonlight room is a small self-contained room that offers an array of visual stimulation. We have a fiber optic light system, six foot bubble light and black light with many items to manipulate. In all activities the participants have a choice in whether or not they want to participate. This has quickly become a favored room, and the participants look forward to their turn in the room.

TEACCH Program

Structured TEACCH is a program out of the Carolinas. This program was specifically developed for people with the diagnosis of Autism; however, it has benefited many others. This system relies on visual systems and specific presentation of "work". We currently have one room that has four TEACCH stations and uses this methodology. We are expanding the TEACCH set up to another room in Hope in the near future. We also will be using a TEACCH training station once the O.T. room is moved. This will be a place where staff and participants can explore this methodology and determine if it will be beneficial for someone's learning style.

Social Motor Group

This group was designed to meet the needs of participants who need support with their social interactions as well as motor skills. This group centers on interaction with both staff and peers while engaging in various motor skills. One of the favorite motor activities is the parachute. Other activities might include a walk on door mats of different textures, passing different size and weight balls to others, or "Copy Me" with a noodle. We are looking forward to indoor volleyball when we have more space.

Yoga

What a program this has turned out to be. We started with a small group, hoping that the slow methodical movement and breathing would perhaps help with relaxation for some of our participants. The response has been amazing. We are so proud of both our staff who have taken on this challenge and, mostly, our participants who have taught us how much they enjoy this program. This program has grown from two classes a week to four. We are now developing a "Chair Yoga" program for our participants who are not able to get down on the floor. The ability to develop this program was supported by a generous financial gift from a parent that allowed us to purchase the necessary items to successfully "run" a Yoga program. Kelley Peterson and Tess McCarty Oster will be presenting our Yoga program at the State of Illinois Occupational Therapy Association annual conference in November. This program will be available to other agencies for purchase.

Range of Motion (ROM)



Staff Val J. helping Erica B. during Range of Motion Therapy.

3rd Annual 9-Pin Bowling Tournament

To benefit the Barbara Olson Center of Hope.

Saturday, October 29th, 2011
at Park Lanes

5318 N. Second Street, Loves Park, IL

Call Dominic @ 815-871-2097
to register or for any questions.
12:30 Check-in time, 1 p.m. start

\$16 per person bowling includes:

- Bowling
- Shoe rental
- Kids activity room while parents bowl
- Door prizes
- Pizza samples (from Park Lanes)
 - BEST HALLOWEEN COSTUME CONTEST



Participation in this group is only offered under doctor's order. This group is offered to participants who need range of motion exercise to increase movement or to prevent contractures. With this program being offered as a group and with an occupational therapist right in the room, we have been able to individualize some of the range programs. We believe that some of our participants have improved mobility and flexibility. The staff seems to like the easy access of the O.T. for specific questions regarding an individual. Each of these programs requires dedication of our staff. We have staff here that makes sure that these programs are done. The programs take a higher staff-to-participant ratio than usual. This is especially true when a program is getting off the ground. Our dedicated staff has worked together as a team to make these programs possible.

Many of our staff members have had the opportunity to go through the Adult CORE training at Little Friends. Ongoing training occurs here at the Center through our O.T. Department, Hope University, and in-service days. Theresa (Tess) McCarty Oster, our Occupational Therapist, has been working in the field for over 25 years. She continues to expand her base of knowledge with ongoing classes in Autism, Development and specific treatment ideas. A few trainings that she has completed are: extensive training in sensory integration with certification in Sensory Integration and Praxis Tests (SIPT); she has completed all levels of Therapeutic Listening; she has worked with Scott Anderson on concepts for yoga and sensory integration; and she has completed Levels one and two of TEACCH training.

Ability vs. Disability Awareness

Help Eliminate Barriers for Individuals with Disabilities

Environmental Barriers can be interpreted as any location or characteristic of the setting that compromises, hinders, or impedes service delivery and the benefits to be gained.

- Environmental barriers in a person's home environment might be addressed, for example, by installing computer controls for temperature, lights, window shades, etc., which are activated by a puff straw.
- In a work environment, lighting may be a barrier if, for instance, fluorescent lighting is used and the flicker precipitates seizure activity in an individual.
- Fragrances in the workplace could be considered an environmental barrier as many persons have allergic reactions to various smells and do not perform at their best under such conditions.

There are many different types of barriers that interfere with everyday life for people with developmental disabilities. Working together to identify and eliminate these barriers is the only way to be successful. ♡

3rd Wine-Tasting is Coming Up!

Thanks to scores of guests last year's Wine-Tasting for the Center of Hope, hosted by Artalé Wine Co. with appetizers by Josef's, was a wonderful evening of friendship, wines and networking. Many delicious and exciting new wines were discovered and bought to take home.

We've set the date for this year's event: save the evening of **Nov. 4th, 2011**, for pre-holiday fun for a good cause. Admission is \$15 per person, payable at the door, 5:30 to 8:30 p.m. at 6876 Spring Creek Dr. ♡

Friends of COH enjoy the wines and company at our 2nd wine tasting event.

Barbara Olson Center of Hope

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If you would rather receive our newsletter via email, please
send your email address to mgwardys@b-olsoncenterofhope.org

Our Sincere Thanks to All of You

Our apologies if we have inadvertently failed to list your name. This is no way reflects our appreciation.

Donations were received from Jan. 1, 2011 through June 30, 2011. (Memorial Donations are through Sept. 30, 2011)

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Calendar of Events 2011 - 2012

Oct. 15 **Shred Fest @ COH 9 a.m. - 1 p.m.**
Oct. 19 Quarterly Parent Meeting @ COH 7:00 p.m.
Oct. 28 Board meeting
Oct. 29 **9-Pin Bowling Tournament @ Park Lanes 12:30 p.m.**
Nov. 4 **Wine Tasting to Benefit COH @ Artale, 5:30-8:30 p.m.**
Nov. 11 **Veteran's Day Holiday, Center is Closed**
Nov. 12 **Parent Breakfast Meeting @ Stockholm Inn 8:30 a.m.**
Nov. 17 **Parent Monthly Meeting @ COH 6:30 p.m.**
Nov. 24 & 25 **Thanksgiving Holiday, Center is Closed**
Dec. 8 **Christmas Dance @ Harlem High School 5:30-8:30 p.m.**
Dec. 10 **Parent Breakfast Meeting @ Stockholm Inn 8:30 a.m.**
Dec. 26 **Christmas Holiday observed, Center is Closed**

Dec. 27-30, Jan. 2 **Winter Break, Center is Closed**
Jan. 14, 2012
Jan. 16 **Parent Breakfast Meeting @ Stockholm Inn 8:30 a.m.**
Jan. 18 **Martin Luther King Holiday, Center is Closed**
Jan. 29 **Quarterly Parent Meeting @ COH 7:00 p.m.**
Feb. 11 **Parent Breakfast Meeting @ Stockholm Inn 8:30 a.m.**
Feb. 16 **Parent Monthly Meeting @ COH 6:30 p.m.**
Feb. 20 **President's Day Holiday, Center is Closed**
March 10 **Parent Breakfast Meeting @ Stockholm Inn 8:30 a.m.**
March 20 **Parent Monthly Meeting @ COH 6:30 p.m.**
April 6 **Good Friday, Center is Closed**
April 29 **Inspired to Paint Art Show @ Franchesco's**