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| Southwest Rehabilitation (541) 267-5221 **Winter Newsletter:** | | | |
| Upcoming Events: **Didgeridoo Club**  February 9, 2017  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  **Stroke Club**  February 16, 2017  Melody Sheldon, MA, CCC-SLP  **Address:** 2085 Inland Drive  Suite A  North Bend OR 97459  **Phone:** (541) 267-5221  **Fax:** (541) 267-5222  **February 1, 2017**  Ashley Davis, MS, CCC-SLP | **Benefits of private speech therapy:**  ***­­­***   * Individualized activities * High intensity treatment * Year round therapy options * Inclusion of family in sessions * One-on-one sessions  **What is Tympanometry and Why is it Beneficial?** | | |
| **Tympanometry** is used to assess middle ear pressures. It is the gold standard for determining middle ear functioning and conditions that may need medical attention, such as, eustachian tube dysfunction, middle ear fluid, or a perforated eardrum. In our practice, we use **tympanometry** as a quick and accurate way of identifying children who have fluctuating middle ear pressures as it allows our clinicians to make decisions to improve client performance. The therapist may administer therapy sitting next to a better ear, speak louder, or provide increased visual cues during therapy. **Tympanometry** also allows the therapist to determine patterns of performance. When a child, for example, has a persistent Type As Tympanogram, a referral to the audiologist may be in order. While our therapists have a degree in Audiology, we prefer to send children with persistent hearing issues to our local Audiologist for audiometric testing. | | |
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| **What is the Didgeridoo and How Does it Help People with Sleep Apnea?** | | |
| Do you or someone you know have sleep apnea? Then the **Didgeridoo Club** might just be for you! Beginners to more advanced club members meet once a month to learn the basics about playing the Didgeridoo, listen to famous Didgeridoo players, and break down the different steps required to achieve a circular breathing pattern. According to research in the American Journal of Respiratory and Critical Care Magazine, tongue and pharyngeal muscles used while playing the didgeridoo, reduce symptoms of sleep apnea. The didgeridoo, an Australian aboriginal tubular wind instrument, if played on a daily basis can improve respiratory strength and thereby decrease risk of stroke, heart attacks, and other ailments associated with sleep apnea. If you or someone you know are interested in the club and would like to be put on the call list to remind you about the next meeting, please call our office at (541)-267-5221. |  |  |

## **What is LSVT® LOUD?**



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| **LSVT LOUD**® is an effective speech treatment for individuals with Parkinson disease (PD) and other neurological conditions. **LSVT LOUD** improves vocal loudness by stimulating the muscles of the voice box (larynx) and speech mechanism through a systematic hierarchy of exercises. Focusing on a single goal “speak LOUD!” the treatment improves respiratory, laryngeal and articulatory function to maximize speech intelligibility. The treatment does not train people to shout or yell; rather, **LSVT LOUD** uses loudness training to bring the voice to an improved healthy vocal loudness with no strain. The treatment not only simulates the motor system but also **Meet the New Members of Our Therapy Team:** | | incorporates sensory awareness training to help individuals with PD recognize that their voice is too soft, convincing them that the louder voice is within normal limits, and making them comfortable with their new louder voice. Patients are trained to self-generate the adequate amount of loudness to make their speech understood. | |
| **MOLLY SHEEHAN, MA, SLP-CF**  Molly Sheehan joined the practice in July of 2016. She graduated from Iona College in New York (Go Gaels!) with a Master’s of Arts Degree in Communication Sciences and Disorders.  She completed her externships at Green Chimney’s Special Education School and the Bronx Veterans Administration Medical Center. Molly enjoys working with both children and adults. Her interests include early intervention, individuals with Autism, swallowing, and the ALS population. Originally from Connecticut, she is enjoying the Pacific Northwest and the temperate climate. She enjoys photography, cooking and sports. | **MICHELE VANDEHEY, MS, SLP-CF**  Michele Vandehey returned to her home state of Oregon after attending Idaho State University in Pocatello, ID. She graduated with her Master’s in Communication Sciences and Disorders in 2016. Michele is an outdoor enthusiast and enjoys crabbing, clamming and hiking. She participated in the outdoor leadership program at the University of Oregon (Go ducks!) and interested in joining our local Rotary Club as a way to ‘give back.’ Michele is interested in cognitive therapy, swallowing disorders and language treatment for both children and adults. |  |  |