



# Hear Here

## JOTTINGS FROM JEAN

After a gray winter I always marvel at blue skies and daffodils. It always makes me get excited about the beginning of Therapy and Fun. For our 28th summer, we have exciting new activities planned.

We always take parent suggestions to heart, and have made changes that were requested.

This summer will also be a time when our national accreditation visit will happen. I can hardly wait to show the visitors what wonderful professional, college and volunteer staff we have on board.

But, Therapy and Fun would not exist without the families and children who attend. They bring vitality, youthfulness, and are eager to learn how to walk, talk, learn and play. The challenges they face are where we shine. By working with the families we make great strides.

There are two days I like best during the summer. I love the days when grandparents attend therapy with the children. They are amazed that the children are able to show what they have been doing in therapy. We give suggestions to the families on how to help the children at home.

My second favorite days are when we have community visitors. It is my pleasure to share Therapy and Fun. Having you watch as a

high school volunteer helps a child to ask for a snack is priceless. Watching a child who does not talk, sing along in group therapy is terrific. Seeing a child who could not hold a pencil, write a sentence is fulfilling. Observing a child who was unable to sit for a minute, pay attention to story after story being read is awesome.

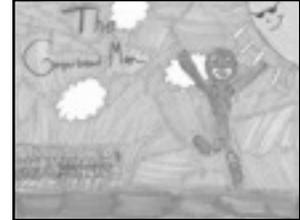
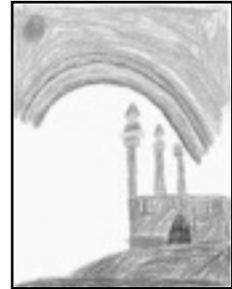
I hope that you will be able to visit us this summer. Please call our office to schedule a 20 minute visit during July.

On behalf of the Comprehensive Therapy Center Board of Directors and Staff, thank you for allowing us to continue to help children walk, talk, learn and play.

*Jean Sibers*



## MY FAVORITE FAIRY TALE!



Winners from 2010 Coloring Contest.  
For more information, see page 5.



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**VOLUNTEER SPOTLIGHT: CHRIS WILKS**



Last summer, we celebrated a wonderful first: three generations of family involvement!

In high school, Chris Wilks spent his summers volunteering at Therapy and Fun. Fast-forward two decades, and this spring marks Chris' second year serving on the agency's Board of Directors. His mother, Jan, has lead the program for over 20 years, and his daughter Jacqueline has attended two of the past three summers.

Chris is an active member of his community, also volunteering at Whitney Young Outreach, Mentor 1, and the Sunday Football league. He credits his summers with Comprehensive Therapy

Center for giving him a sense of empathy.

"Growing up around children with various disabilities has given me a greater appreciation for the gifts that I have been given. When I dare complain about life being difficult or a body part hurting, I just think about these children who have to overcome so many obstacles and I notice that life gets a lot easier and my ailment just doesn't hurt so much!"

Chris is a Senior Associate at Regal Financial Group L.L.C. He holds a degree in Economics from Western Michigan University and a post-graduate degree from American College. He is happily married and has three daughters.

**CASH FOR TRASH!**

Jean Silbar, Executive Director of Comprehensive Therapy Center, cannot stop humming the lyrics to her favorite Oscar the Grouch song. ("Oh, I love trash! Anything dirty or dingy or dusty, anything ragged or rotten or rusty. Yes! I love trash!") It is for good reason!

TerraCycle is making a contribution to CTC for every item we collect from the list below. TerraCycle upcycles the item into a fun new product stopping it from ending up in a landfill. You can drop these empty and clean items off at our office (or send them in with your favorite staff member or volunteer):

- Drink Pouches (CapriSun, Honest Kids)
- Frito-Lay Chip Bags (Lay's, Doritos, Cheetos, Fritos, Sun Chips)
- Mars/Wrigley Candy Wrappers (Skittles, M&Ms, Starburst, Twix, Snickers)
- Huggies Plastic Diaper Packaging
- Elmer's Glue Sticks and Bottles
- Neosporin Tubes
- Old Cell Phones



Too far away? Interested in starting your own collection brigade site to benefit Comprehensive Therapy Center? Visit TerraCycle online: [www.terracycle.net](http://www.terracycle.net).

## 2009 COMMUNITY BENEFIT ANALYSIS

Our Community Benefit activities focus on community collaboration, on education and on building capacity for children and adults with disabilities who have unmet therapy needs:

 **Community Collaboration** means that we work with other non-profits serving similar people to align healthcare and educational services.

 **Educational programming** for teachers, families and the community is an important part of our service. We provide clinical practice for health care students and mentor our volunteers, guiding them toward human service professions.

 **Building Capacity** means that we work to improve access to therapeutic programs for disadvantaged individuals with disabilities. Life skills gained through therapy translates into increased productivity and independence. In order to fund these programs, the agency seeks community support through grant requests and fundraisers.

We provide high-quality therapy services while promoting a culture of positively supporting people with disabilities who may be disadvantaged or at-risk.



2009 Community Benefit	
Community Health Education	\$ 10,260
Health Professionals Education	\$ 45,000
Community Building	\$ 30,485
Charity Care	\$ 125,275
Community Benefit Operations	\$ 44,690
<b>Total Community Benefit</b>	<b>\$ 255,710</b>
2009 Agency Income	
Program Service	\$ 545,588
Contributions & Fund Raising	\$ 77,597
Interest	\$ 525
<b>Total Agency Income</b>	<b>\$ 623,710</b>
2009 Agency Expenses	
Program Services	\$ 487,971
Management & General	\$ 88,200
Fund Raising	\$ 23,060
<b>Total Agency Expenses</b>	<b>\$ 599,231</b>

## HELP CTC GO GREEN!

Did you know that only two manmade structures on Earth are large enough to be seen from outer space: the Great Wall of China and the Staten Island landfill?!

Here at CTC we are making changes that not only help reduce our eco-footprint and keep paper out of landfills, but also help us put more money directly toward helping the children we serve. We would like to move from paper newsletters to electronic ones. Did you know it costs about \$15 a person per year to send you a paper newsletter? Add it all up, and it is enough to send several more children to our program each summer!

Please help us keep paper out of landfills and children in Therapy & Fun! Sign up for our e-newsletter today: <http://www.therapycenter.org/list/>



### OUR MISSION

Comprehensive Therapy Center, Inc. serves special needs populations with effective therapeutic and advisory programs.

We are a non-profit agency helping children with disabilities walk, talk, learn, and play.





### SENSORY ACTIVITY: UNDER THE SEA

You'll need:

- Construction paper
- Rice
- Glue
- Scissors



Either draw a starfish, or do an internet image search for "starfish gif" to get a template. Cut the template out, trace onto your heavier paper or cardboard and cut out your starfish. If your child would like, he can draw a face or write his name on it. Cover the starfish in glue, using fingers or a paintbrush to spread it all around.



Fill a small, wide bowl with rice. Allow your child to run his fingers through it and play with it. Then sprinkle the starfish with rice, pressing down slightly to make sure that the surface is covered.

Let dry, and watch your child's fascination with the "weird" feeling starfish!



### CREATIVE TECHNOLOGIES ACADEMY BUILDS CHARACTER



As a founding member of Creative Technologies Academy (CTA), Robbie Coxen says that she is very pleased that Comprehensive Therapy Center has been a special education partner from the very beginning, "Everything we have needed, be it testing, evaluations, therapy or early intervention, you've been able to take care of it. It's a Godsend that your services have fit the particular needs of our students."

CTA boasts 310 students in grades K – 12 where in addition to core academics, Character Education enables students to feel valued and empowered to learn. " We teach students about manners and ethics to build good character...to help them do the right thing just because it's the right thing to do... and then

we tell them to go out and make the world a better place.

"We have had some real success with students who have special needs. Flexibility is key; when a student only wanted to meet at lunch, your therapist re-arranged her schedule. Also therapists are very good at coming up with solutions to student needs that help us make constant improvements in all of our programs. I have learned so much from them over the years. It's been a valuable relationship."



Robbie Coxen, CTA's Director of Academics

<http://www.ctaschool.com>

### CONNECT WITH US!

<http://comprehensivetherapycenter.blogspot.com>

<http://www.facebook.com/therapycenter>

[http://twitter.com/ctc\\_gr](http://twitter.com/ctc_gr)

<http://linkedin.com/groupInvitation?groupID=1820172>



### WELCOME NEW STAFF!

- Holly Bennet MA - Teacher of Speech and Language Impaired
- Beth Macauley Ph.D., CCC-SLP, HPCS - Speech-Language Pathologist
- Rachael Voorhees MPA - Development Specialist
- Chris Boyd MSW - Social Worker



**ADVICE: BULLYING**

**“Bullies and their victims know no boundaries.” - Chris Boyd, MSW**

Bullying is a real problem for many kids. Your child could be a bully or the victim of one. Bullies intentionally hit, shove, mock, intimidate or make threats against other children. “Even little kids can bully bigger children,” says CTC Social Worker Andrea Pleshe-Sims. “Be sure to take conversations with your child about bullies seriously.” Bullying can happen anywhere - at school, on the playground, in after-school clubs, online, and even in text messages.

Many children are ashamed to talk to their parents or teachers about bullies because they think it might make things worse. Helping your child confide in an adult is an important first step.

“Communicate with your child at their level. Whenever you see a teachable moment, take the time to talk to your child about bullying,” says CTC Social Worker Chris Boyd. Clips on YouTube, television scenes, drawing pictures, or stories about



other children or from books can be good conversation starters.

If you discover your child is being bullied at school, or is the school bully, there are steps to help: Reassure your child that school space is a safe place for all children.

Let the school know what is happening. Talk to the teacher. The conversation should bring awareness to the situation. The school cannot help resolve the issue if they are not aware it is happening. If the situation persists, talk to the principal.

It is very important not to be aggressive; show your concern in a calm manner. Be sure you are focused on solving the problem, not seeking revenge or retribution.

CTC’s social workers help children make friends, deal with bullies, and organize their feelings. We specialize in working with children with special needs. Contact our office (616-559-1054) to learn more about our social work services and how we can help.

**5TH ANNUAL COLORING CONTEST WINNERS: “MY FAVORITE FAIRY TALE”**

Every April and May, we celebrate the extraordinary impact Speech-Language Pathologists and Occupational Therapists have on children who need help speaking, understanding, or moving. Thanks to their work, children are learning to walk, talk, learn, and play.

This year’s Occupational Therapy Month and Better Hearing and Speech Month Drawing Contest was called “My Favorite Fairy Tale”. Students used their markers, crayons, and creativity to show us which fairy tales they love the best. Humpty Dumpty, Jack and Jill, and Rapunzel were among the clear favorites.

The winners, their parents, and the principals of their schools were invited to our annual “Read to Me Tea.” School principals and other guests will read stories out loud to the children while enjoying cookies, juice, and free books.

Visit our website <http://www.therapycenter.org> to see all the winning entries in full color.

**Ways You Can Help!**



**Spartan Brand UPC Proof of Purchases**  
Collect labels and send them to us. We buy needed equipment and supplies.



**Meijer Community Rewards**  
Remember to designate **517227** on your Meijer credit card and you will raise money for CTC.



**Campbell’s Labels for Education**  
Yes, we want even more labels! We get educational supplies in exchange.



**GoodSearch.com**  
Designate us as your charity then search the Web. We receive about a penny a search. It adds up.



**TerraCycle**  
We get cash for trash! For details, visit [http://www.therapycenter.org/you\\_can\\_help.htm](http://www.therapycenter.org/you_can_help.htm)

## CHAMPIONS OF COMPREHENSIVE THERAPY CENTER

**October 2009 – February 2010**

### **Foundations & Corporations**

Amway  
 Bank of Holland  
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 Grand Haven AMBUS  
 Kent County Medical  
     Society Alliance Foundation  
 Louis M. Dexter Memorial  
     Foundation  
 Sebastian Foundation  
 The Carls Foundation  
 Youth Grant Committee of Grand  
     Rapids Community Foundation

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 Chris, Terry, and Janice Wilks  
 Cina Young

### **Designated Giving Received From United Way**

Elisabeth Bauman  
 Gloria Griffeth  
 Mary Jaskowski  
 Tracey Koperski  
 Lori Pitts  
 Ann Tarr

### **In Kind Donations**

Rhonda Jewel  
 Abby Smith  
 Andrew Smith



## GRAND RAPIDS FAMILY EVENTS CALENDAR

**First Saturday for Kids Storytime:** (Literary Life Bookstore & More @ 758 Wealthy St SE) First Saturday of every month 11am-12pm. Join us for storytime! We will read at least two books for kids (recommended ages 1-9, but all are welcome) and will host authors who read from their work. Free.

**Happy Animal Clinic:** (Grand Rapids Children's Museum) January 20-June 6. Learn all about taking care of pets using stuffed animals. Scavenger hunts, a derby race, specimen jars full of interesting things are all ready to enthrall your children. Admission is \$1.50 on Family Nights (Thursdays 6-8).

**Grand Rapids Founding Day Parade:** (Begins at North Division Ave at Crescent Street) May 1, 3pm. Come celebrate the 160th Anniversary of the founding of Grand Rapids, with floats, marching bands and retro cars. Free.

**Big Bug Nights:** (Grand Rapids Public Museum) May 10-14, 5pm-9pm. Get up close and personal with larger than life bugs! The exhibit skews scale and proportion to create an environment that "shrinks" the visitor. Admission is \$10 and includes museum admission, BUGS, planetarium show, unlimited carousel rides and a kid-friendly meal.

**Wildflower Walk:** (Blanford Nature Center) May 22, 2pm-3pm. Come take a walk on the Wildflower side! Explore the beauty of spring while hunting for some of Michigan's floral personalities such as Dutchman's Breeches, Jack-in-the-Pulpit, and the elusive Wild Ginger. RSVP 735-6240. \$3 per person.

**41st Annual Festival of the Arts:** (Downtown Grand Rapids) June 4-6. Kids of all ages will enjoy creating art, listening to stories, playing on a giant tire swing and more. Bring the whole family! Free.

**31st Annual Homecoming of the Three Fires Traditional Pow Wow:** (Riverside Park) June 12-13. Celebrating the unity of the three tribes of Michigan: the Ottawa, Chippewa and Potawatomi. Traditional dancing, music, craft vendors and food booths. Family-friendly alcohol-free event. Free.

**WGVU Dollar Day at the Zoo:** (John Ball Zoo) August 5, 10am-3pm. Pick up a coupon at any participating WENDY'S and get into the zoo for only \$1.00!

### Volunteer Opportunities

#### Monopoly

May 15, 2010



We need a heavy influx of new players for wheeling, dealing, and prizes! It is a fun afternoon and our children benefit from the proceeds.

#### Therapy & Fun

June 22 - August 5, 2010



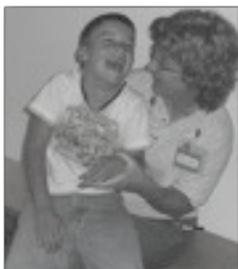
Children ages 11 and up are welcome to apply to become therapy aides. Their summer will be filled with learning and service.

#### CTC Board Openings



Looking for board members. We are strong proponents of having a board that reflects the rich diversity of our community. Meetings are the second Tuesday of every month at noon.

## MOMENTS FROM THERAPY & FUN 2009





# Comprehensive Therapy Center

2505 Ardmore SE, Grand Rapids, MI 49506

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## Comprehensive Therapy Center

~A Place to Grow~

Teaching children with disabilities to walk, talk, learn and play.



**See how much fun we had at  
Therapy & Fun 2009?**



**Join us in 2010!**