



PRIMARY THERAPY SOURCE
PHYSICAL, OCCUPATIONAL & SPEECH THERAPY

NEWS & INFORMATION WINTER 2009

RISING STARS THERAPEUTIC RIDING CENTER



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Primary Therapy Source is proud to affiliate with the newly formed Rising Stars Therapeutic Riding Center - a non-profit organization dedicated to providing assistance to children and adults with special needs through hippotherapy or equine-assisted therapy programs provided by physical, occupational, and speech therapists. The group's primary goal is to provide therapeutic riding and hippotherapy at little or no cost to participants.

This past summer, riding sessions were held one afternoon each week to serve children from Primary Therapy Source. The goal for 2010 is to offer riding two days per week and expand services to anyone in the community who could benefit from therapeutic riding. Instructors Tara Parsons, COTA and Marni Porath are certified through the North American Riding for the Handicapped Association.

Equine Therapy can increase physical, mental, emotional and developmental capabilities for those with disabilities, functional limitation or medical issues

PRIMARY THERAPY SOURCE

- Jan Yingst, MPT, PCS
- Teresa Prine, MSPT, PCS
- Jackie Dux-Price, DPT
- Jon Gardunia, DPT
- Monlo Beck, DPT
- Jamie Wight, PTA
- Jamie Benjamin, PTA
- Ivan Hardcastle, OTR/L
- Mandy Lee, OTR/L
- Lori Wheelwright, OTR/L
- Tara Parsons, COTA/L
- Jennifer Claire, COTA/L
- Kerry Bowman, MS, CCC-SLP
- Angela Clegg, MS-SLP

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To support operational expenses, the organization will be involved in raising money on an ongoing basis. The first fundraiser was held Nov. 14 in conjunction with the Idaho Backcountry Horsemen's annual meeting in Twin Falls. Rising Stars had an information booth and held a raffle for prizes that included horse trailer mats (from Charmac Trailers); western wall décor (from Kimberly High School Ag Program) and custom vinyl lettering for a horse trailer (from Tara Parsons). The proceeds totaled \$1900; the raffle generated \$1100 and another \$800 was added by the Modern Woodmen's fraternal benefit society Matching Funds Program.

The founding Board of Directors include Cody & Marni Porath, Terri Swensen, Jan Yingst and Tara Parsons (all Twin Falls); Chris Dickard (Kimberly) and Jeanette Baker (Jerome).



Rising Stars welcomes anyone who is interested in being involved. Experience with horses is not a pre-requisite. Arena helpers lead horses and side walk. Volunteers are needed also to assist with fundraising, events, the newsletter and the website.

"We had *excellent* volunteers our first season," said Marni Porath. People of all ages came to help. It was a good opportunity for teens to fulfill community service hours for projects, she added. Porath hopes more men and teenage boys will join the ranks and serve as role models. "Our male riders really identify with the guys," she said

STAFF SPOTLIGHT

WE'RE PLEASED TO INTRODUCE



Monlo Beck, DPT, received his Doctor of Physical Therapy degree from the University of Utah earlier this year. He has an undergraduate degree in biology from the University of Puget Sound in Tacoma, WA. Monlo's primary interest lies in working with individuals with congenital disabilities. He has clinical experience in pediatrics, geriatrics, and long term acute care. He and wife, Kristin, grew up in Washington state.

Outside work, Monlo enjoys hiking, woodcarving, and story telling.



Angela Clegg, MS-SLP, graduated in June from Idaho State University with a master's degree in Speech-Language Pathology and is currently working toward an endorsement in auditory-verbal therapy through Utah State University. Her clinical experiences focused on hearing-impaired children from birth through age 5. A Utah native, Angela earned an undergraduate degree in Therapeutic Recreation from BYU.

She lived in Puyallup, WA for several years before relocating to Chubbuck nine years ago. She and her husband have four children. Angela's interests are reading, bicycling & family outdoor activities.



Faith MacDonald recently joined the office staff where she covers front desk duties and assists with the scheduling of patients. The MacDonald family moved to Idaho from Riverside, CA a year ago. She and her husband are the parents of one daughter and two sons. Her favorite pastimes are camping, spending time with family, and being involved in church activities

PROFESSIONAL DEVELOPMENT

Amanda Lee, OTR/L participated in a Listening Program Provider Training in Ogden, UT. The seminar focused on improving auditory processing to encourage enhanced social participation, self-regulation, speech and language, sensory integration and school performance in children.

Tara Parsons, COTA attended the STEPSI workshop in Boise which addressed treatment options for individuals with sensory modulation difficulties. STEPSI refers to Sensation, Task, Environment, Predictability, Self-Monitoring and Interactions.

Jon Gardunia, DPT participated in spinal manipulation training in Post Falls. The course provided physical therapists with up-to-date techniques, using evidence-based practices, to perform safe and effective manipulations specific to each region of the spine.

Jackie Dux-Price, DPT traveled to Colorado for a workshop on Speed, Agility and Quickness Training. Instruction included designing appropriate drills and training techniques to improve performance in athletes and those in sports injury rehabilitation. Jackie is working toward certification in athletic training.

Jan Yingst, MPT, PCS attended a Pediatric Rehabilitation Conference in Boise where she completed the Manual Therapy for Pediatrics course, focusing on manual techniques used for treating the spine, ribs and pelvis.

Our thanks to **Physiatrist Jonathan D. Myers, MD**, for conducting a workshop on Spasticity Management for Neurological Impairments, Brain Injury and Spinal Cord Injury for PTS staff in October. Dr. Myers recently moved to Twin Falls to open a practice in Physical Medicine & Rehabilitation through St Luke's Clinic Magic Valley. His office is located at 526 Shoup Ave W, Suite D.

Special thanks to **Dr. Nancy Mann**, a pediatrician with St. Luke's Physician Center, for participating in an information session on Autism Spectrum Disorders hosted by PTS in September. Dr. Mann is a behavioral health specialist; her comments were particularly timely, insightful, and well received by the audience.

CONGRATULATIONS TO TFHS ATHLETES

BRUIN FOOTBALL ❖ VOLLEYBALL & CROSS COUNTRY ADVANCED TO STATE COMPETITION Boys Cross Country repeated as the Class 4A Champion Team and the Girls Cross Country Team finished 3rd overall!

Physical therapists Jackie Dux-Price, Teresa Prine and Jon Gardunia wrapped up another season assisting the Twin Falls High School Bruins with sports injury prevention and rehabilitation. According to Jackie, the season went smoothly and, for the most part, was free of major injury. "It's such a great opportunity for us to provide this service to young athletes in our community. We are present at practices and games to help prevent injuries and assist with recovery when injuries do occur so the athletes can continue to participate," she said. "Getting to know the kids and coaches, and just attending different sporting events is something we really enjoy." Primary Therapy Source will participate in the **Magic Valley Sports Seminar**, an education series for coaches, athletic trainers, physical therapists, and parents that launches **August of 2010**. Meanwhile, coaches or schools interested in having our physical therapists conduct a sports training / rehab clinic for athletic staff can contact Jackie Dux-Price at 734-7333.

PERRINE BRIDGE FESTIVAL

Attendance soared during the 5th Annual Perrine Bridge Festival, Sept. 11-12, according to organizers. The combination of added activities, a wider variety of booths, top-notch entertainment and perfect weather made the weekend a popular attraction. The juried art show and auction moved to a different venue (Premier Insurance) which contributed to its success this year too, said Julie Noh, an event coordinator.



Primary Therapy Source and Horizon Organic were title sponsors for 2009. PTS hosted the Kids Fun Run, drawing 200-plus participants. All children who entered received a prize. Grand prizes included 4 bicycles, along with a variety of items donated by local businesses and individuals.



Since 2005 the festival has drawn athletes from around the world who come to exhibit their base-jumping talents and raise money for local children. Proceeds benefit the St. Luke's Magic Valley Foundation Special Needs Fund. This year's festival brought in about \$31,000. Grants are given to children with special needs to help with therapy services, learning tools wheelchairs, specialized seating and strollers, lifts and ramps,



hearing aid replacements, transport to out-of-area specialists, respite care and other necessities.

Thanks to the following sponsors for donating to the Kids Fun Run:

- Falls Brand
- Frito Lay
- Pepsi
- Swensen's Markets
- Blue Lakes Chiropractic
- Rhodes Frozen Breads
- Success Martial Arts
- CSI Horticulture Club



A MOTHER'S LETTER

My son, Brendan, was born 10 weeks premature at St. Luke's in Boise. He was in septic shock with multiple organs being affected, including a grade III brain hemorrhage. After 49 days in the NICU, we brought this fragile infant home and therapies began immediately.

I clearly remember the day Jan Yingst walked through my door. Now 14 months old, Brendan had learned to "crawl" by scooting on his back and pushing with his feet. Jan observed his "crawling" movement, turned him over properly and showed him how to crawl correctly. It was a great eye opener for me because, as a mother, I was so proud that he had figured out how to motor around. I hadn't thought about the possibility he could do more; nor did I expect more of him at that time. However, Jan did! That was the beginning of an ongoing 9-year relationship that has blessed my son and our family. Brendan is able to do many things that wouldn't have been possible without Jan's dedication and commitment.

Eventually we learned that Brendan (and us with him) had entered the world of autism. He started occupational therapy at another office that didn't offer Sensory Integration Therapy and didn't believe it would work for him. After learning that Ivan Hardcastle practiced sensory integration, he became Brendan's occupational therapist. Ivan quickly began building the links in my son's brain that he lacked by using different equipment and different therapeutic techniques (which were also taught us). Before long my child would ask for "brushing" when he needed to self regulate. Sensory integration therapy also helped Brendan get over his great fear of dogs. Now he adores playing with the family pets, which is a big plus for us.

Primary Therapy Source is a great asset to our community; they are doing exceptional work for children with disabilities and their families. The clinic has the latest equipment necessary for different therapies, and the therapists are constantly updating their training and education to offer the best care possible.

This is why I continue driving from Hagerman to Twin Falls every week. There are services closer to home, but I don't think we would find better quality services, or therapists more caring, than those at Primary Therapy Source. Some of my best memories are of Brendan celebrating new accomplishments with Jan and Ivan. Working with him is not always easy, but they continue to do so with great compassion and concern for his personal well being and continuing success.

I have recommended Primary Therapy to other parents' who aren't satisfied with their therapists or aren't happy with the progress their children are making. Everyone I know who switched to PTS has been pleased with their children's improvement and satisfied with the clinic's services. PTS is willing to be flexible to accommodate our schedule. They go above and beyond to accept those in need of services and their families.

PLAY ► Participating in Healthy Lifestyle Activities for Youth



Participating in Healthy Lifestyle Activities for Youth (PLAY) is new non-profit organization founded by Primary Therapy Source to promote health and wellness activities for children and teens. Still in its formative stages, the group is planning for programs, events and fundraising.

As many of you know, PTS has ongoing classes and programs (plus new ones in mind) that address health and wellbeing. The purpose of this venture is to attract opportunities to expand our offerings and also to help defray some of the costs for participants. Programs like Teens On Target, SPOTS, Developmental Play Groups and Nutrition Education are among those that would benefit.

In February, PTS will sell tickets to a breakfast at Applebees to benefit PLAY. Tickets are \$7, of which \$5 will be donated back to the organization. Anyone wishing to contribute to PLAY or assist with upcoming events can contact Jan Yingst or Teresa Prine at 734-7333.

Visit our website for more details coming soon.



254 River Vista Place
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*Providing quality care
for you and your family*

RISING STARS CELEBRATE



Rising Stars Therapeutic Riders celebrated the end of their first season with a **Play Day & BBQ Saturday, Oct. 10** at Star-gazers Ranch. Beautiful weather drew a sizable group of family and friends who came to watch the riders perform maneuvers learned since therapeutic sessions started in June. It was also an opportunity for siblings to take a ride and try the same skills.

Our appreciation and thanks to:

- ★ Many wonderful volunteers who assisted our group and made it possible to provide hippotherapy
- ★ Swensen's Markets for donating food for the BBQ
- ★ The Porath & Dickard families who organized Rising Stars, provided the horses and coordinated this event

What a great year! We look forward to an expanded program, more enjoyment and more fun in 2010!

