



Specialized Speech Technologies, Inc.  
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## SST NEWSLETTER

### Yummy Recipes and Great Gift Ideas!

#### Homemade Scented Milk Bath

You will need:

Dry milk  
Scented oil -perfume oil or essential oil

Mix 1 cup of dry milk with 5-8 drops of oil. Mix well.

Add more oil for a stronger scent. Place in a container for gift giving.

Include a card with directions: To use, add to running bath water. You come out soft and smelling good!

Contributed by Krista,  
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#### Yummy Peach Bellini

You will need:

1/3 cup fresh peach juice

2/3 cup Champagne (or sparkling wine)

1 teaspoon lemon juice

1 teaspoon sugar or 1 sugar cube

In glass or bowl, stir peach juice with lemon juice, and sugar if not using cubes.

Pour mixture into a champagne flute Gently, top off the flute with the Champagne or sparkling wine, so that there is a layer of peach juice and a layer of champagne/wine. Garnish with a sprig of mint. Enjoy Responsibly.

For more yummy recipes visit [www.mrbreakfast.com](http://www.mrbreakfast.com)

### "Fighting the Fidgeties": Words While You Wait!

Waiting...Waiting...At preschool: for the restrooms, outside, end of day, picture taking. At home: in the car, the grocery store, doctor's office...Some days we feel as though we do more *waiting* than *doing*! Of course waiting is a fact of life, but as we all know, little ones can get mighty squirmy! Fingerplays are great for fighting the "fidgeties." Here are a few more easy, fun games you might try to help calm the troops. These "tricks" also just happen to enrich language skills in the process!

#### "Silly Milly"

Great for phonological awareness (sound) and reading readiness. Tell children you are "Silly Milly" and sometimes you forget how to say words right. Ask for their help. Pick any word and use it in a sentence so the children can guess what it is, but change a sound or two.

Example: Tanya has a pretty **toe** in her hair. What? She doesn't have a **toe** in her hair? Does she have a **moe** in her hair? Or a **poe**? Ohhhh a bow!

To use this game for vocabulary or language development, change words instead of sounds:

Example: I was so sleepy I lay down in my bed, put my head on my **table** and fell right to sleep. No? It wasn't a **table??**

Or: After I eat, I always brush my **nose**. No? I don't brush my **nose???**

#### I'll Start, You Finish...

This activity builds listening, vocabulary and association skills. Say: "Put your listening ears on! I'll start then you finish. Ready? The sun is hot, but an ice cube is \_\_\_\_\_."

A wall is hard, but a pillow is \_\_\_\_\_. Our necks are short, a giraffe's neck is \_\_\_\_\_.



For more information please contact Carol Kauffman  
At Language Learning Consultants (614) 519-6610



**When the weather outside is frightful, keep fires delightful and safe.**

As cooler weather sets in, many Americans look to alternative heating sources to stay warm. The American Red Cross extends the following safety tips:

**Keep fire in the fireplace:**

Use glass or metal fire screens. Never leave a fire in the fireplace unattended, and provide constant adult supervision in rooms with fires lit.

**Call a professional:**

Have wood and coal stoves, fireplaces and chimneys inspected annually by a professional and cleaned, if necessary. Appliances are for cooking, not heating. Always follow the directions for using appliances that generate heat, keep them clear of flammable materials and never use a cooking range or oven to heat your home.

**Do not feed the fire:** Keep all flammable materials and potential fuel sources.

**Space heaters:**

If you must use space heaters, place them on a level, hard and nonflammable surface such as ceramic tile floor – not on rugs or carpets or near bedding or drapes. Turn off portable space heaters every time you leave the room or go to sleep. Keep children and pets away from space heaters.

Arindam Mukherjee , Staff Writer, RedCross.org

**Familiar place, new faces**

Specialized Speech recently welcomed three new staff members!

**Nikki Lowe, M.A., CFY-SLP** earned her Bachelor's degree in Communication Sciences and Disorders from The College of Wooster in 2004 and her Master's degree in Speech-Language Pathology from The University of Toledo in 2006. Nikki joined Specialized Speech Technologies, Inc. in May 2006 and works with a variety of ages in many different settings. She is licensed by the Ohio Board of Education and has a special interest in children diagnosed with autism, MRDD, and stuttering disorders

**Megan Fitzpatrick, M.A., CFY-SLP** earned her undergraduate degree in Hearing and Speech Science in 2004 at The Ohio State University and her Masters Degree in Speech Language Pathology at The Ohio State University in 2006. She has an Ohio Department of Education license, and is currently working in the clinic, nursing homes, and preschool settings. She has a special interest in AAC devices and swallowing disorders.

**Elizabeth Mora, M.A. CCC-SLP** has been a practicing speech language pathologist since 1996. She received her Master's degree from Kent State University. She has provided services in a multitude of settings including early intervention, public schools, home health, sensory integration clinic and private daycares. Her scope of evaluation and treatment has included children with Autism, hearing impairment, ADHD, Down Syndrome, Apraxia and stuttering as well as helping parents understand how to improve emergent language skills for very young children.

**In the spirit of giving**

During Christmas 2006, Specialized Speech staff held a food and toy drive and donated time to Holy Family Church in Columbus, helping families in need. While the season for giving has unofficially passed, need is not seasonal. Should you find yourself with extra time, unused goods or ability to contribute financial donations, there are many Columbus area organizations that can use your help.

Adventures for Wish Kids	(614) 885-5437
Children's Hunger Alliance	(614) 341-7700
Grant Medical Center	(614) 566-9399
Salvation Army	(614) 262-8450
Columbus Literacy Council	(614) 221-5013
The OSU James Cancer Hospital	(614) 293-4663
Holy Family Church	(614) 461-9444

