

# NewsWorks

TherapyWorks Quarterly Newsletter



Working Wonders in Children's Lives

Fall 2010

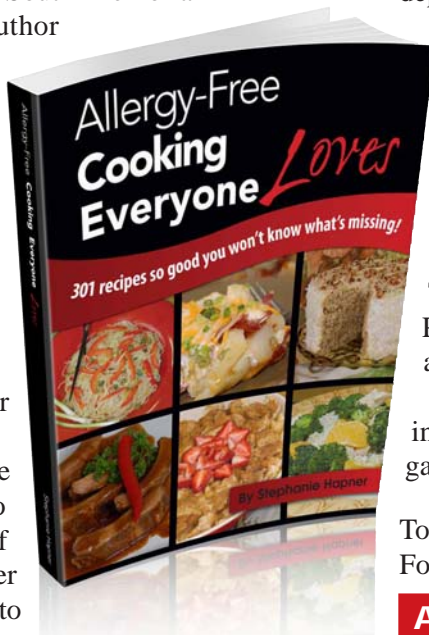
## TherapyWorks Hosts Allergy-Free Cooking Seminar

TherapyWorks is hosting a free seminar and demonstration about allergy-free cooking on November 16, 6:30-8:00 p.m., at Savory Chef, 8283 South Memorial in Tulsa. Presented by author

Stephanie Hapner, her book "Allergy Free Cooking Everyone Loves" contains 301 family-friendly recipes specially designed for children and adults living with food allergies or intolerances.

The Hapner family was forced to revolutionize their diet when the author's son was diagnosed with a rare disease making it critical to avoid an extensive list of food allergens. But Hapner decided it wasn't practical to prepare one meal for her son and another for the family, so she embarked on a journey to create the flavorful allergen-free food she believed her son deserved to eat.

The result has been "really mouth-watering food that's real-people tested and real-life approved," according to Hapner.



Recipes are free of corn, dairy, wheat, barley, rye, gluten and peanuts, and the recipes are also free of casein depending on ingredient choices.

Hapner says her cookbook also contains tips, guides and resources to make allergy-free cooking "doable and easy in every kitchen." The book includes color-coded icons to identify allergens, a glossary of alternative ingredients, shopping tips designed to save time and money and practical advice on setting up a pantry.

TherapyWorks' Kathy Soland, MS, CCC-SLP, and Amy Puls, RD, LD, collaborated with Hapner on some additions to the book. Soland and Puls use Hapner's book as a tool to help children with food allergies and intolerances, Celiac disease, eosinophilic esophagitis or gastroenteritis, picky eating and more.

To attend this free event, please call 918-663-0606 to RSVP. For more information, visit [www.therapyworkstulsa.com](http://www.therapyworkstulsa.com).

### Allergy-Free Cooking Seminar & Demo

**When:** Tuesday, November 16  
6:30 - 8:00 p.m.

**Where:** Savory Chef  
8283 South Memorial  
(near 81st & Memorial)

## Upcoming Events

### Oklahoma Statewide Autism Conference

The 2nd Annual Oklahoma Statewide Autism Conference will take place Nov. 19-20 at the Embassy Suites Hotel and Conference Center in Norman. TherapyWorks' Rachel Ottley, OTR/L, Kathy Soland, CCC-SLP and Amy Puls, RD, LD, will be presenters at the conference.

### SibShops

Tulsa SibShops are activity "workshops" for siblings of children with special needs and are held on the 2nd Saturday of the month at TherapyWorks' outpatient clinic. Sibshops mix information, discussion, activities and games. Contact Lora Roberts at (918) 227-1797 or [blondie4203@yahoo.com](mailto:blondie4203@yahoo.com) for more details.

October is National Physical Therapy Month!

# Working Wonders

“Stephen had major sensory problems when he started coming (to TherapyWorks). He couldn’t attend to task, snap his fingers, button his shirt, cut on a line or write.

Because of the therapy he has received, he can do all of the above. He has improved in social skills, attending to tasks at school, hand strength, body position awareness, willingness to touch, feel and eat different textures.

He is now in a regular classroom with minimal modifications. He is playing tackle football and interacting like a child without Autism Spectrum Disorder.”

- Kelly, Stephen’s mother

*Stephen is a 7-year-old receiving occupational therapy at TherapyWorks.*



*Building it up...*

*crashing it down!!*

## Meet The TW Team

**Kathy Soland, MS, CCC-SLP**  
Speech-Language Pathologist

*“Each child is fearfully and wonderfully made. My desire is to not only open up the child’s world and relationships through communication but to love and support them and their families.”*

### Specialties

- Oral-Motor and Feeding Therapy
- Pediatrics
- Autism Spectrum Disorders
- Alternative & Augmentative Communication

### Certifications

- Certificate of Clinical Competence  
- American Speech-Language Hearing Association
- Oklahoma Board of Examiners for Speech-Language Pathology & Audiology

### Education

- M.S. Speech-Language Pathology  
- Moorhead State University
- B.S. Speech-Language Pathology & Audiology  
- Moorhead State University



### Beyond TherapyWorks

Kathy enjoys time with her husband and two wonderful children. As a family, they love music, writing songs, being involved with their church and taking vacations.

## THERAPYWORKS

working wonders in children's lives

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### TW Therapy Staff

#### Occupational Therapy

Suzette Jones, OTR/L  
*President*  
Rachel Otley, OTR/L  
*OT Clinic Manager*  
Jill Spurrell, OTR/L  
*OT/PT School Manager*  
Kayla Schlicker, OTR/L  
Amanda Thompson, OTR/L  
Julie Stolt, OTR/L  
Oleeta Boswell, COTA  
Paulette Wells, COTA  
Melissa Kincer, COTA  
Astrid Lowry, COTA  
Lindsay Reed, COTA  
Lori Anderson, COTA  
Kehm Swehla, COTA

#### Physical Therapy

Liesla Persaud, MPT, PCS  
*PT Clinic Manager*  
Glynnia Ruggiano, MPT  
Danielle Hildebrand, DPT  
Laci Diliberio, PTA  
Kerry Lichlyter, PTA  
Kea Averill, PTA  
Amanda Aldridge, PTA

#### Speech Therapy

Kathy Soland, CCC-SLP  
*ST Clinic Manager*  
Robyn Vanderveen, CCC-SLP  
*ST School Manager*  
Alicia Christopher, CCC-SLP  
Laura Diamond, CCC-SLP  
Breanna Taylor, CCC-SLP  
Mona Horn, CCC-SLP  
Becky Bergren, CCC-SLP  
Sydney McKee, CF-SLP  
Kara Sexson, CF-SLP  
Cindy Steck, CCC-SLP  
Debra Robinson, CCC-SLP

#### Nutrition

Amy Puls, R.D., L.D.