

Marianjoy Rehabilitation Hospital

part of
M Northwestern
Medicine



Marianjoy's Continuing Care Classes for Children with Special Needs

Summer Session: June 12– August 7, 2017

**Pool Groups take place every 8 weeks:
May 22 - July 10, 2017 and July 17 - September 4, 2017**

Marianjoy's Continuing Care Program consists of classes offered through the outpatient department. The purpose of this program is to provide additional services to children as they work towards functional goals. Please read the descriptions carefully in order to verify when a specific group is running, for how many weeks and the requirements to participate. This will ensure that you enroll in a program that best suits your child's needs.

All groups fees are \$150 unless otherwise stated in the brochure.

For those families who demonstrate a financial need, assistance may be available. An application must be completed and approved prior to registration. For more information, please contact Melissa DiGiovanni at 630.909.7155.

**SAVE
25%**

Receive a 25% discount when you register your child for more than one class or if you enroll more than one child in any number of classes.

Register by completing the form on the back of this brochure or by calling 630.909.7155. Registration information is available on our website at Marianjoy.org.

GROUPS FOR MOTOR/FITNESS

Young Adult Fitness Group: 8 years and older

Help your child get fit and stay fit! This six-week exercise class, led by our fitness trainer, is designed to help improve strength, balance, and flexibility in children who have had therapy and are learning to be more independent with their exercise routines. Motivation from their peers and the instructor will help keep participants performing at their best! Because resistance and balance exercises will be practiced, a medical release is required and needs to be updated annually. **Participation Requirements:** Child must require no more than minimal assistance to participate. If the child is not independent; a parent or caregiver must accompany the child in class.

Thursdays, 5:00 to 5:45 pm

\$115 for 6 weeks. Sessions take place every 6 weeks.

May 18 – June 22; June 29 – August 3

Hand in Hand Camp: 3 years and older

Does your child have limited use of one hand and arm due to hemiparesis or injury? Does your child need to improve the use of their weaker arm or hand? This intensive group will focus on improving strength and coordination of the arm, wrist, and hand as related to functional skills. A variety of games, exercises, crafts, snacks, and other activities will be incorporated to maximize arm and hand use.

Participants will receive a removable or non-removable waterproof cast for the stronger arm to encourage use of the weaker arm on or prior to the first day of the class. It is recommended that this cast be worn during waking hours for the duration of the group (2 weeks). Research has shown that this type of intensive, Constraint-Induced Movement Therapy is highly beneficial in improving hand and arm use. Because of this, participants will need an order from a physician for a constraint-induced movement cast prior to starting the group. Non-removable casts will be removed on the last day of the group.

Participation Requirements: Referral from an Occupational Therapist and/or physician required. The child must be able to follow verbal directions for specific tasks and activities and work with others in a group setting. A physician's order for a constraint-induced movement cast is also needed. Please contact Erin Luy, OT with any questions at 630.909.6150 or erin.luy@nm.org.

Participants will be grouped by age.

Mondays, Wednesdays, Fridays from 1:30 to 3:30 p.m.

June 12 – June 23, 2017

Coordination Crew: 5 to 10 year olds

Join us for a mental and physical workout combining coordination and visual activities with planning and processing tasks. Led by a speech therapist and an occupational therapist, children will learn strategies to improve body coordination, visual-motor skills, auditory processing, and multi-tasking in this fun, activity-based group. **Participation Requirements:** Ability to work independently for five minutes and to follow one-step commands consistently.

Mondays, 4:30 to 5:30 pm

Camp Champs: 6 to 12 year olds

Summer is almost here! Camp Champs is a group designed for outdoor activities that will help improve body strength, balance, flexibility, overall gross motor skills, visual perception and sensory processing and integration. Camp Champs will be designed to have a summer camp vibe, and we will be going outdoors for walking the trails around Marianjoy, participating in outdoor obstacle courses, having group games and songs, and much more! This is a group designed for children who have independent mobility in outdoor settings. This group will be run by a Marianjoy physical and occupational therapist, and will be 1 hour sessions every Friday. Because resistive and balance exercises will be utilized, a medical release is required and needs to be updated annually.

Fridays, 11:00 am to 12:00 pm

Ready to Write: 3 to 6 year olds

This handwriting readiness group, led by an occupational therapist, is geared toward children who have mastered basic shapes and are starting to form letters. The group will include play activities and games to improve hand coordination, hand and arm strength, pencil grip, and letter/number recognition. Pre-writing skills such as copying, tracing, and drawing basic shapes are addressed, as well as forming capital letters and numbers. Participants are issued homework activities each week to practice skills learned during the group.

Wednesdays, 10:00 to 11:00 am

Handwriting Helpers: 6 to 12 year olds

Sloppy homework? Illegible writing? School-aged children in this group work with an occupational therapist to improve overall handwriting legibility and neatness. Handwriting component activities include: hand coordination, hand and arm strength, pencil grip, visual-perceptual skills, and hand/eye coordination. Activities to improve handwriting performance at school include efficiency when copying from the board, positioning to reduce hand and eye strain, letter formation, capitalization, and spacing. Homework activities are assigned each week to practice the skills learned in the group. **Thursdays, 11:00 am to 12:00 pm**

PRAGMATIC LANGUAGE/SOCIAL INTERACTION

Playdate Playmates: 1 to 2 year olds

A social-interaction and play-skills group that facilitates interaction with other children. Participants will practice interactive play, age-appropriate play skills, and socialization. Caregivers attend the group to assist with facilitating social interaction and to gain an understanding of the developmental skills to help the child practice at home.

Wednesdays, 10:00 to 11:00 am

Come Play with Me: 3 to 5 year olds

This group addresses play skills, social interaction, coordination, and basic communication skills. Children participate in preschool-readiness activities, including self-introduction; story time; basic group discussion; and fine and gross motor activities. This fun, structured environment is guided by an occupational and a physical therapist. **Participation Requirements:** Participants must be able to sit independently for five minutes and follow basic directions. **Wednesdays, 9:00 to 10:00 am**

That's a Rap I : 5 to 7 year olds

This group is designed for children in the primary grades. The group will focus on structured social interactions and fun play activities to help your child develop greater awareness of their reactions to others and how others react to them.

Thursdays, 4:30 to 5:30 pm

Let's Get Ready to Rap: 8 to 11 year olds

This is an expanded Rap Group that includes both speech and occupational therapy expertise. The first 30 minutes of the group will incorporate sensory integration principals for self-regulation. This will help children ready themselves for social interaction and pragmatic-based activities. With their systems ready to go, children will then explore the wonderful world of making and keeping new friends! Participants will practice social skills with peers in a safe environment without being teased or feeling isolated. They will also learn to evaluate and improve the effectiveness of their communication style.

Tuesdays, 4:00 to 5:30 pm

AQUATIC EXERCISE GROUPS

Pool classes are designed for children who have medical conditions requiring aquatic exercise. Most of our participants have had previous aquatic therapy experience and are ready to participate in a group setting. Our salt water therapy pool is kept at a temperature of 91-93 degrees. **All participants must have a medical release to participate in aquatic groups. This release MUST be updated annually.** All pool classes are run by physical or occupational therapists.

POOL SUMMER SESSION DATES:

May 22 – July 10, 2017 AND July 17 – September 4, 2017

Aquatic Fitness for Kids: 8 years and older

Aquatic exercise classes tailored for children who are independent in the water and who have a physical condition requiring supervision from a physical therapist in order to complete their exercise routines. **Thursdays, 4:00 to 5:00 pm**

Parent and Child Swim: 5 years and older

Aquatic exercise class for children ages five years old and up. **Participation Requirements:** Child must have previous pool experience and be accompanied by a parent or caregiver in the pool for assistance. **Mondays, 4:30 to 5:30 pm OR 5:30 to 6:30 pm**

Water Wonders: 6 months and older

This aquatic therapy class for children ages 6 months and up will focus on movement for balance, strength, respiration, and endurance in a warm-water environment. This group is designed to support land based therapy goals. **Participation Requirement:** Parent or caregiver must accompany child in the pool to assist with exercises. **Tuesdays, 1:30 to 2:30 pm**

Sensory Pool: 6 years and older

NOTE: Runs June 12 - August 7, 2017 only

This class is designed for children six years of age and older with identified sensory integration or sensory regulation needs. This class focuses on self-regulation strategies; tactile and vestibular stimulation exercises; balance and aerobics for general health and wellness; as well as cooperative and social interactions with peers. **Participation Requirements:** Participants must be able to be independent in the pool and follow directions safely in the water. Medical release from physician updated annually.

Wednesdays, 4:30 to 5:30 pm

SUMMER 2017 CLASSES REGISTRATION FORM

Please use one registration form per child.

Child's Name: _____

Child's Date of Birth: _____

Primary Diagnosis: _____

Parent/Guardian's Name: _____

Street Address: _____

City, State, Zip: _____

Phone Number: _____

E-mail Address: _____

For the class(es) that require a parent or caregiver's participation, please indicate who will be attending:

Parent Caregiver

Emergency Contact Name and Phone Number:

REGISTRATION

I would like to register my child for the following class(es):

Class: _____

Class: _____

PAYMENT METHOD/CREDIT CARD INFORMATION

Payment ensures registration of your child in the class and is due prior to the start of the first class.

Check (made payable to Marianjoy)

MasterCard Visa

Credit Card #: _____

Cardholder Name: _____

Expiration Date: _____

CVV: _____

Authorized Signature: _____

Charge Amount: _____

MAIL REGISTRATION FORM TO:

This registration form(s), with payment, may be mailed to

Melissa DiGiovanni
Marianjoy Pediatric Department
26W171 Roosevelt Road
Wheaton, IL 60187

When paying by credit card, your registration can be e-mailed to Melissa.DiGiovanni@nm.org or faxed to 630.909.7151.

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Marianjoy Pediatric Program

The pediatric Team is led by award-winning, board-certified pediatric physiatrist, Dr. Mary Keen. In her role as the team's coordinator, Dr. Keen helps oversee the treatment plans of our youngest patients. With an office located on Marianjoy's main campus in Wheaton, our therapists have immediate access to obtaining Dr. Keen's expertise when questions or concerns arise.



Dr. Mary Keen
Medical Director
Marianjoy Pediatric Program

Dr. Keen is board-certified in pediatrics, pediatric physical medicine and rehabilitation, and neuro-developmental pediatrics.



Dr. Larissa Pavone
Marianjoy Medical Group Physician, Pediatrics

Dr. Pavone is board-certified in physical medicine and rehabilitation.

