

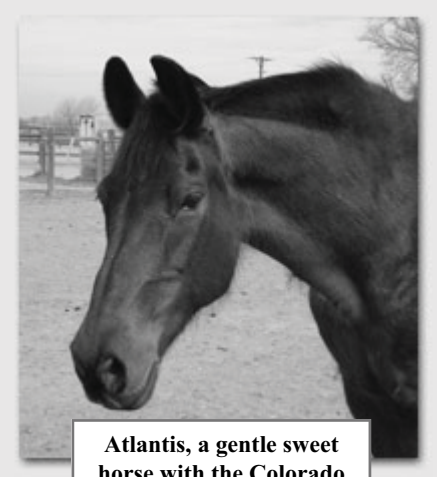
Serving Children Since 1956

# Tiny Tim Tales

Spring, 2009 Volume 6, Issue 1

## A Specialized Form of Therapy

By Jill Valenti, Physical Therapist



Atlantis, a gentle sweet horse with the Colorado Therapeutic Riding Center

work on goals similar to those set in a traditional therapy setting. These include improving balance, strength, stability, postural control, range of motion, bilateral skills, speech production, body awareness, motor planning and sensory processing, just to name a few. In addition to the therapist, the team includes the horse, a horse leader and side walkers for the safety and stability of the rider as well as to assist as instructed during the session. The therapist uses position changes (sitting sideways or backwards, getting on hands and knees or tall kneeling, lying on tummy or back) of the rider and speed (walk, fast walk, trot) and direction of the horse (forward, circles, weaving cones, figure 8's) to address goals. The horse's movement also helps to loosen tight muscles in hips and trunk as well as strengthen weak abdominal and back mus-

**Hippotherapy** is a specialized form of therapy using the horse. It is done by licensed physical, occupational or speech therapists with specific training in horse movement and behavior as well as in human movement. The therapist uses the movement of the horse, which is very similar to the movement of the human body in walking, to

cles. A variety of sensory processing challenges can be addressed through varying the horse's movement and changing positions as well as brushing and grooming the horse. The therapist might also use games such as rings on poles, basketball and hoops to work on trunk rotation or bilateral skills.

The horse used in hippotherapy must be calm and sound with a smooth, rhythmical walk (gait). They must be conditioned to tolerate a variety of noises, activity and movement on their backs. They receive special ongoing training to keep them in top shape for their work.

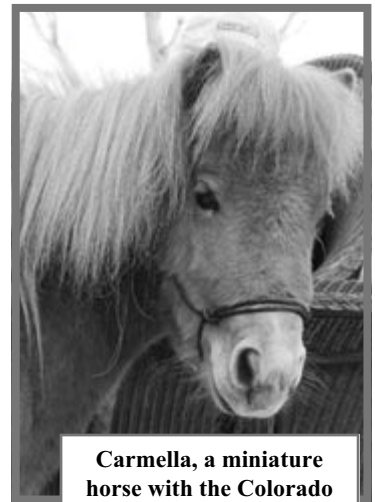
People of all ages from 2 1/2 years can benefit from hippotherapy. They face challenges such as cerebral palsy, stroke, Down syndrome, developmental delay, autism, sensory processing disorder, low muscle tone, speech delay and many others.

*"You make a living by what you get, but you make a life by what you give."*

Winston Churchill

Hippotherapy is an extremely effective form of therapy and clients receive a variety of positive rewards including a very special relationship with a horse.

*Jill is a registered Therapist in Hippotherapy at the Colorado Therapeutic Riding Center, [www.ctrinc.org](http://www.ctrinc.org).*



Carmella, a miniature horse with the Colorado Therapeutic Riding Center



### LET YOUR PRESENT CHANGE THE FUTURE

Do you think it's important for The Tiny Tim Center to be around in another 30 years? If you have a special place in your heart for Tiny Tim, you can be an important part of this future by remembering us in your will. You can gift a percentage of your total estate, a specific amount of money, or the remainder of your estate after

other commitments have been met.

Whether you think of yourself as rich or poor or somewhere in between, your gift can make a difference. Even a small amount can have a big impact over time.

We encourage you to seek qualified legal advice when making a will or changing an existing will. If you have already included Tiny Tim in your will, we greatly appreciate your consideration and future gift.

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# TINY TIM PHOTO GALLERY

**Celebrating Father's Day in April!**



**Moments in Time!  
Smiling  
Reading  
Playing  
Memories Forever!**

## Tiny Tim Therapeutic Outreach— Making a Difference in Our Lives By Shaundelle DeLisa

**What brought us to the Tiny Tim Therapeutic Outreach Center?** Our daughter, Chloe DeLisa, was born last February with multiple issues. Immediately after birth the doctors at Longmont United Hospital rushed her to Children's Hospital where she spent 8 days in the Neonatal Intensive Care Unit (NICU). Doctors to this day have been unable to come up with a firm diagnosis of her condition. We've consulted some of this country's best specialists and we've heard everything from in utero stroke to Muscular Dystrophy to Mobius Syndrome. We've seen many, many doctors and they all have different diagnoses. What we do know is that Chloe has a blood disorder that causes her blood to overclot and she is paralyzed on the left side of her face, has bi-lateral hearing loss and her left arm is mostly paralyzed. Chloe is on the deaf and blind registry so she receives a number of weekly therapies. Hearing therapy through the CHIP program, vision therapy through the Anchor Center, and sign language therapy nicely complement the Occupational Therapy (OT) she receives weekly from Shari. Chloe has had multiple eye surgeries and a surgery last November in Texas on the nerves in her arm.

**What changes have therapists at Tiny Tim made in my child's life?** At 3 weeks of age Chloe began receiving Occupational Therapy through the Tiny Tim Therapeutic Outreach Center. Since then Chloe has worked with Shari once a week. Early on therapy included working on sucking issues and stretching and strengthening the muscles in her left arm. We can't say enough great things about Shari. Therapy has made a tremendous impact on Chloe's recovery after surgery. Before surgery Chloe had no movement in her arm and movement in her hand was very limited. We are so pleased with how much she can do now. She is able to lift her left arm and use her hand to lift toys, hold snacks and play - all things she could not do before. She certainly does not have full use of her arm but we are confident with continued therapy that she will continue to gain strength and use of that arm. Shari also helps us work on some feeding issues we have. Early on Chloe was on a feeding tube. Quickly we moved to using a special bottle called a haberman bottle and now Chloe is able to drink milk out of a regular cup and eat regular baby food. We are so pleased with her progress.

**Where are we headed from here?** Chloe will need more surgeries down the road but with continued therapy we know that she'll adapt and do just fine. Shari and the services we receive through the Tiny Tim Therapeutic Outreach Center have made a huge impact on Chloe's life. Chloe has a lifetime of issues to deal with but our goal is to raise her to live a happy childhood like any other child. The way

*Continued on page 3*



### A Message from the President

I can't believe how quickly my year as Board president has flown! I have enjoyed every minute of it and am delighted with what we have accomplished with the help of the wonderful staff and friends of Tiny Tim.

Liz Smokowski, our new Executive Director, is settling into her role and doing a wonderful job. I am pleased that the transition is going so smoothly. Liz has lots of exciting ideas as Tiny Tim moves into the next decade, and I know you will hear more about them in the coming months.

Our summer programs are filling up quickly; there is definitely a need for therapy-based options for young children in the summer. I look forward to hearing feedback from teachers and participants in these programs so that we can plan for even more opportunities next summer.

For now, as I watch yet another class graduate from Tiny Tim, I am inspired by how these students--with the support of their families, teachers, and caregivers--rise to the challenge of reaching their highest potential. As always, we thank you for your support of The Tiny Tim Center and for the difference you are making in the lives of some very special children!

*Beth Shipp, Board President*

## Thank You to Our Generous Membership Drive Contributors!

Julie Abrams  
 Susan and Bruce Barber  
 Becky Brandli  
 Lorry Cashatt  
 Janace Cole  
 TannerCornay  
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 Vicki Schlagel  
 Deb and Doug Schmidt  
 Susan and Charles  
 Schoonover  
 Beth Shipp  
 Sandra and Dan Stevens  
 Shelly and Tim Walker

### Therapeutic Outreach Making a Difference continued

that Shari combines therapy with play - I know Chloe will continue to gain more and more strength. Watch out world — here comes Chloe!

**One last thing!** To me the therapy sessions are more than just Chloe working hard to get stronger. As a parent of a newborn with multiple issues things can be really tough emotionally. Shari has done a terrific job of supporting me and my husband in lots of ways. It's so overwhelming at times but Shari has given us the support we need to make it through the difficult times.

## Help us "Go Green"

In an effort to cut back on the amount of paper we generate, and to help us reduce mailing and postage costs, Tiny Tim is implementing an e-news service this year. If you would like to receive updates and announcements about Tiny Tim's programs and events via e-mail, please visit our website, [www.tinytimcenter.org](http://www.tinytimcenter.org), and sign up to receive our e-newsletter.

## Rock 'n' Roll - A Night to Remember!

The 26th Annual Dinner and Auction were a huge success. It couldn't have been possible without all the dedicated attendees, donors, sponsors, volunteers and staff. Through everyone's efforts, we reached our financial goal of grossing 10% of the Center's \$1.4 million annual budget. The money raised will be directly applied toward building a future that will fulfill our commitment to assisting each child to reach his or her potential.

We greatly appreciate your support and we hope that you will tell friends and family about the many services we offer for both typical children and those with special needs.

### The Tiny Tim Board of Directors for 2008-2009

**are:**  
**President** - Beth Shipp  
**Vice-President** - Vicki Schlagel  
**Secretary** - Steve Boettcher  
**Treasurer** - Mike Kirkland

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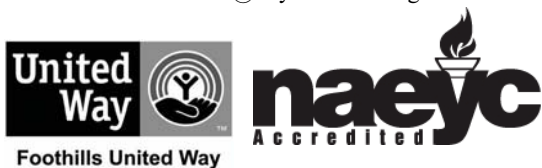
## OUR MISSION



The mission of The Tiny Tim Center is to provide comprehensive early childhood and therapeutic services to assist each child in reach-

ing his or her highest potential. Tiny Tim is a non-profit, 501(c)3 organization dedicated to serving families in Longmont and surrounding communities.

For more information on the Center and its programs for typical children or children with special needs, contact Liz Smokowski, Executive Director, Tina Farrell, Coordinator of Educational Services; or Shari Karmen, Coordinator of Therapeutic Services. Or feel free to email us at [info@tinytimcenter.org](mailto:info@tinytimcenter.org).



[www.tinytimcenter.org](http://www.tinytimcenter.org)

## SPEND THE SUMMER WITH TINY TIM

Check out the **Summer Enrichment Program at Tiny Tim**. The Summer Enrichment Program is open to any child who may need a boost in speech or language development, gross and fine motor skills, daily routines or cognitive skills. Literacy, problem solving, social skills development and following directions will be the focus of the programs offered.

**Summer Blast.** This program is divided into 3 weeks of summer fun. This session is perfect for the 3–6-year-old child struggling with:

- Paying attention
- Transitioning
- Communicating
- Coloring and cutting
- Playing with friends
- Climbing on the playground
- Holding a pencil or fork
- Tolerating textures
- Sitting still

Join all three weeks, or just one week, for Tiny Tim fun.

**Movin' & Groovin'.** Combining music, gross and fine motor skills and sensory-rich play gives children the opportunity to increase turn-taking, sharing and following directions.

**ABC– Do Re Mi.** This is a fun, interactive pre-writing enrichment program. Activities will be centered around pre-writing skills such as letter and number recognition, phonetic sounds, language proficiency and more.

**Books and Buddies.** This program will focus on language and friends in a safe and inviting environment. Books and themes will be used to enhance this program, along with repetition.

**Look What You Two Can Do.** This is a program for toddlers and a caregiver. Sessions will feature activities for gross motor, language development, fine motor skills and sensations.

**Small class sizes and high adult-child ratios support children reaching their potential.**

**Check out the schedules online at [www.tinytimcenter.org](http://www.tinytimcenter.org).** Sessions are for kids aged 3 to 8 and will be held in June and July. **Call Shari at 303-776-1373 x301 to register!**