

iPod in Therapy (continued from page 3)

Have other people noticed your use of the iPod therapeutically? What are some of the comments you've heard? Rebecca's feeding therapist always allows her to use it during her therapy because it truly seems to help. One of the parts we love about the iPod is that it does not look medical and allows Rebecca to appear age appropriate in a multitude of settings.

Do you have anything else you'd like to share?

Most folks don't realize that Rebecca's iPod is therapeutic for her as it makes her look just like other 11 year old kids who are listening to their music. From a Mom's perspective, we have a lot less emotional melt downs which makes attending the necessary but dreaded appointments tolerable. The iPod worked so well for Rebecca that we have purchased one for her younger and typical sister.

DONATION NOTE: Thank you all for your overwhelming response in donating diapers for consumers at the clinic. We are currently well stocked and unable to receive any more diaper or attends donations. Thank you again for your great generosity. Please check the giving tree if you would like to direct your giving in a different manner.

Neurologic Music Therapy Services of AZ
2702 N 3rd St – Suite 1000
Phoenix, AZ 85004

NMTSA Supporters

NMTSA would like to thank our gracious donors from the last quarter!
To find out how you can help NMTSA in 2009, visit www.NMTSA.org/support.

Todd & Diana Anderson	Jayne Dicken	Kristie Lopez	John & Jane Pletka
Brandy Carter	Diedra Freedman	Jenny MacAluso	Dana Roberts
Barnabas & Kelly Bagby	Steve & Christine Hank	Mike & Theresa McKinney	Lena Romano
Betsy Baker	Martha Henderson	Craig & Donna McSpadden	Augustus & Andrada Shaw
Larry Bergstrom	John Hernandez	Betsy Miller	Todd Sitterley
Kent & Tiffany Biswanger	Allison Hyde	Kari Moore	Justine Spengel
Linda Blaylock	Karen Jones	John & Jean Oliver	Julie Stiak
David Boyles	Seth & Jennifer Lansky	Lee Oliver	Sergio & Christina Valles
Cheryl Butterworth	Sarah Lee	Suzanne Oliver	Travis & Martha Jane
Jane Dalen	Annette Lien	Domingo & Christine Paragas	Vincent
Deb Delp	Claudia Lizarraga	Rochelle Perry	Jennifer Watson
			Brad Wheeler
			Roland & April White

Thank you to the following staff for their contributions in this edition of *Functional Cadence*: Brendan Anderson, Michelle Hardy, Jen Hempel, Bethany Jones, Suzanne Oliver, Dena Reany

Functional Cadence

The Rhythm of NMTSA

Celebrating **28** Years of Serving the Phoenix Community!

Upcoming Programs

September 26
NMT Parent Training

October 24
*Competency-Based
Communication Training
Level 1*

Check out our
website at
www.NMTSA.org
for information about
upcoming events and
fundraising opportunities

***Want to observe
a music therapy
session without
actually being
there?
It's possible!
Start reading to
find out how.***

Contact Us

Phone: 602-840-6410
Fax: 602-840-6431
e-mail: info@nmtsa.org

NMTSA 2.0

by Brendan Anderson, NMTSA Project Manager

NMTSA has seen some wonderful advancements in the last three years, not the least of which are its technology additions, since moving to our new clinic space in 2007. At its core, of course, Neurologic Music Therapy (NMT) is all about the client-therapist relationship and the interventions that treat the brain's neuropathways; no amount of fancy gadgets or web innovations will be able to replace that interaction. But when it comes to all the little components that go into running the clinic to make those sessions happen, technology plays a huge role.

One recent addition to the clinic is a wireless mobile observation camera. Parents or caregivers observing an NMT session in the same room can be a distraction for the client, therefore it doesn't always reveal the true work that goes on during a typical session. Back in the "old days", out-of-room observations could be accomplished with a one-way mirror (like you see in the interrogation rooms on all those cop shows). While this usually solved the distraction problem, it only allowed for one specific room to be used for observations. But thanks to wireless networking and the advancement of small, mobile video cameras, we can now put an observation camera/microphone in any of our therapy rooms while observers sit in the Parent Empowerment Center to watch and listen to the session on one of the connected computers. The therapist keeps the client's full attention, and observers see and hear exactly what's going on – everyone wins! Not only that, but the ease of video conferencing over the internet will soon allow NMTSA's team to work with other therapists across the country to help bring beneficial NMT techniques to those who don't have access to NMT therapists locally.

Scheduling and communication at NMTSA has also taken a giant technological leap forward. Gone are the days of scribbled post-it notes and paper logs of supplies, scheduling changes and the like. NMTSA's new network system allows computer-based calendaring and scheduling while fully integrated with e-mail. Staff materials and forms are now only a click away and therapists can even access their e-mail and calendars while outside the office anywhere there is an internet connection. For instance, let's imagine a therapist wakes up in the morning to discover they have the flu – in the past, this would begin a long arduous process consisting of a long series of tedious phone calls, voice messages, running to different rooms to check paper calendars and lots of additional headaches. But now, the therapist can easily go online to instantly see which of their colleagues have openings in their day during which they could cover their clients and instantly send out a staff e-mail requesting coverage assistance.

The clinic's recording studio also continues to improve technologically.
(...continued on page 3)

Fundraising Update

Thank you to all of our families who attended the Chili's fundraiser on August 18. According to the management, we had one of the best turnouts they've seen for an event like this. Way to go!

If anyone is interested in leading or helping with the next restaurant fundraiser, or if you have any location ideas, please email Jen (jhempel@nmtsa.org).



ACT School has been very successful in implementing technology to support our every day learning. In the 2007-08 school year students used the internet to research about a favorite planet. They found interesting facts and then pictures that illustrated what they had learned. They then took this information and composed an individual power point presentation to display what they had found. This was all presented to the parents and districts at an open house. This past year the internet was again used to keep us up to date with live "streaming" of the election results. We were able to use "up to the minute" reports to help us gauge our predictions of who would win it.

In our day to day ACT school operations, technology assists the teachers in data collection, emails to keep parents informed, and IEP support. We LOVE the "Clinic of the Future" in all the ways it makes learning easier!

Staff Tidbits

NMTSA warmly welcomes Melissa Lloyd, MT-BC as the newest therapist to our team. Melissa recently relocated to Phoenix from Des Moines, Iowa. She completed a bachelor of music degree in music therapy from the University of Iowa in the summer of 2009 after completing an internship at Reuben Lindh Family Services in Minneapolis. We look forward to a great addition to our team!



We would also like to welcome the following new ACT instructional assistants to our team: Daniel Achoa, Alvenia Avina, Jessica Cervantez, Erica Ewald, Lacey Miller, and Elly Schommer.

Share us in a round of applause to say "thank you" to the following NMTSA staff members as they celebrate their anniversaries with us:

- | | |
|---------------------------|----------------------------|
| Jenna Anderson - 5 years | Chad Delk - 1 year |
| Tori Barski – 1 year | Jen Hempel - 7 years |
| Goldie Byerly – 1 year | Bethany Jones - 1 year |
| Sabra Chavez - 1 year | Amy Kendra - 2 years |
| Anna Clermont - 2 years | Sarah Studebaker - 2 years |
| Tiffany Crawford – 1 year | |

With great thanks and best wishes we sadly say goodbye to ACT instructional assistants Adriana Olivas and Jenny Watson. Adrianna will be leaving in order to finish her degree in speech sciences, and Jenny to pursue a career in vision therapy. Thank you for all of your hard work!

NMTSA also sadly says goodbye to Janell Ornelas, ACT special educator as she heads off to live in California. Janell has been a wonderful addition to the NMTSA staff over the past year and will be greatly missed. Best of luck Janell!

NMTSA is Fragrance-Free

Just a reminder to all that NMTSA is a fragrance free environment. Fragrances are actually chemicals that a person can soak into their skin from clothes via detergents, shampoos, lotions, etc., as well as be inhaled in various environments. These fragrances can affect us physically, emotionally, and neurologically, and all people respond differently.

We are requesting that our families be aware of the fragrances they may use and be exposed to, and eliminate their use and exposure while at the clinic. These fragrances include, but are not limited to:

- | | |
|-------------------------------------|----------------------|
| - Perfume | - Bleach |
| - Soaps | - Aerosol sprays |
| - Lotions (including sunscreen) | - Tobacco/cigarettes |
| - Shampoos and conditioners | - Hairspray |
| - Fabric softener/laundry detergent | - Deodorant |
| - Nail polish and remover | - Aftershave |

For a product to be fragrance free, it must say "fragrance free" on the label. Many large corporation stores now carry fragrance free products, but you are guaranteed to find them at places such as Whole Foods, Trader Joes, and Sprouts.

The therapists at this clinic are dedicated to a fragrance free environment and have made personal adjustments to make this happen. Please play an active role in helping our clinic become fragrance free so that we may further assist everyone in our clinic environment.

If you would like additional information, Doris J. Rapp, MD, has written the book *Is This Your Child's World?*, which recommends effective and simple means to create a fragrance free environment.

Family Testimony: The Therapeutic Use of an iPod at Home

by Kari Moore, parent

Please share your child's name, age, and diagnosis.

Rebecca, age 11, is diagnosed with cerebral palsy, Hydrocephalus (shunted), visual impairment, seizures and G tube.

Please describe when you use the iPod and why you use it.

We use Rebecca's iPod at doctor's appointments, medical procedures and any other place that presents as stressful for her. The music on her iPod is all set to her cadence thanks to her wonderful music therapist. The correct cadence and familiar music helps to keep her calm. It also seems to lengthen her willingness to wait. We also use her iPod anytime she is in an unfamiliar setting.

How do you find it effective?

Rebecca can now wait for her turn at appointments without stressing the office staff. We also find she is able to shift back into her routine faster and without the use of physical interventions. We often find that her mood is more upbeat and positive.

What differences do you see before and after use?

Before iPod use, Rebecca may have trouble with initiation, follow through and stopping. Not because she doesn't know what to do, but because she cannot send the message to get the body to do it. After just a short time with her music, she is able to freely do all the things she could not do only moments before.

Where have you noticed the greatest success?

Rebecca had to have a major hip surgery in January of 2009. While in the hospital post surgery, we used her iPod anytime her vital signs on the monitor got bad. We could see a visual relaxation in her body and her body signs would also represent this. Rebecca was released from the hospital about 6 days sooner than expected. The travel home from Salt Lake, Utah was made possible with the use of her iPod.

Did Rebecca pick out the iPod? What color is it? What are some of the songs on the iPod? Do you know Rebecca's "functional cadence"?

Rebecca was given her iPod after using a Fisher Price Personal player and seeing so much success. Her iPod is purple and we love the ability to clip it anywhere. She has a wide variety of music ranging from Hannah Montana to her parent's favorite songs. Most of the music has been adjusted to a variation of her functional cadence of 120. *(continued on page 4)*



NMTSA 2.0 *(continued from page 1)*

Clients can now create their own multi-track recordings, digitally edit the tracks to their liking, and then burn their own album to CD to listen to on the drive home. Therapists also have the ability, with tools like the Superscope recorder, to create tempo-mapped CDs for clients as a part of NMTSA's Home Program. Clients and their families bring their favorite music in on CD, and therapists can then change the tempo of those CDs to match the client's functional cadence without changing the pitch of the music. The result is a CD full of a client's favorite tracks which also deliver the benefits of rhythm that helps organize the brain and control the body.

Networked communication, the therapist paging system in the waiting room, wireless video observation, music recording technology, computer infrastructure – the list of technology improvements marches onward toward 2010. We even have a brand new user-friendly website ready to roll out this fall at www.nmtsa.org. Thanks to all, through donations and services, who have helped to improve the technology of NMTSA. Because of you, the clinic has never been more efficient or as well-positioned to continue and expand the services it offers.

A special and heartfelt thank you to Mr. William Council and the folks at ITT Tech for their donations of technology which have literally changed the way we operate!

To download an electronic version of this newsletter, visit:
www.NMTSA.org/News