



Speech and Hearing BC
speechandhearingbc.ca

Vibrations

June 2018

IN THIS ISSUE

President's Message

My Experience as
a SLP in India

Public Education Update

UBC Aphasia Mentors

Interview with Henry Lam:
Acting Head of Audiology at
WIDHH

Speech & Hearing BC
Member Benefits and CCCs

Multilingual Group Seeking
Members

President's Message

In the first year that we were in Canada, finding our bearings, meeting people, getting the lay of the land...my family met and developed a relationship with a wonderful young man from Nigeria. He has become part of our family. We have seen him grow emotionally, create and take advantage of opportunities available to him, and most importantly understand the value of education.

This week I had the opportunity to ride on the bus with him, as we found ourselves at the same bus stop in the morning. I was going to work, he, to an interview for a summer job. He always wants to know how to be a better person and a valuable member of his new country. He asked what I thought were important characteristics for my two sons—him and my own child! I like to be asked those questions, just as I like when students ask questions. It is very humbling to think about and remember what is important, why you do things, and check in to be sure you are following your own rules. This is what I told him: be selfless, happy, confident, and a life long learner. By confident, I of course do not mean cocky, but confident that you can reach your goals, access resources, take on challenges and succeed, keep on learning, etc.

And this brings me to the SAC conference that I was fortunate enough to attend in May, in Edmonton. James Coyle, PhD, presented a day on swallowing, and the complexity of the respiratory and digestive systems specifically. He started by telling us a story of a new grad who said to him, regarding swallowing, "I can figure it out in 5 minutes." That type of attitude does not reflect our education, the importance of the role of the Speech-Language Pathologist, or that individual's understanding of patient care, research, gaining experience, a team approach... I could go on and on about the faults apparent with that statement. I am with Dr. Coyle, when he said to this new grad—"Don't come to my bedside—I will fend for myself."

At the very foundation of our role as behavioural clinicians, is understanding of our own knowledge, our continuous pursuit of knowledge, and our motivation to provide the best speech-language



pathology and audiology services, even when that means we have to say “I don’t know, but I will find out.” We also have a role as Speech-Language Pathologists and Audiologists, and as members of Speech and Hearing BC, to present as experts and learners, to educate the people around us about of role within our work environment, and to look for opportunities to share the importance of speech-language pathology and audiology services. Also heard at SAC: “Don’t forget the power of your education on others.”



Sherri K Zelazny, MA/RSLP, CCC-SLP
Speech and Hearing BC President



Previous

Speech and Hearing BC President, Sherri Zelazny, and Operations Manager, Janet Campbell, take part in SAC-OAC Communicate Awareness campaign

Above

2018 SAC Conference in Edmonton

My Experience as a SLP in India:

April 2 - 16, 2018



Shari Linde in India, 2018

By Shari Linde, Director of Advantage Speech-Language Pathology

For many years, I had been contemplating doing a work program abroad. I began to research options and came across a group founded by a young Vancouver man named Aaron Friedland. My adventure with The Walking School Bus was about to begin.

The Walking School Bus' mandate is trifold: access, nutrition, and curriculum. This approach helps the students get to school, ensures they are well fed, and improves their curriculum. The Walking School Bus has done numerous expeditions in Uganda and this was their first one in India. It seemed like a good fit, where I could utilize my skills as a SLP, but also contribute in many other ways. There were a total of 20 in our group, from a wide variety of disciplines. The group ranged in age from 19 - 54, and traveled from Canada, Switzerland, Israel, Dubai and from across India. Everyone was warm and welcoming and eager to share their knowledge, culture and expertise.

We travelled six hours by early-morning train from Delhi to Uttarakhand, a region in the Himalayan hills. Watching the views of the settlements along the way, and the magnitude of homelessness and poverty, was really an eye opener. There are so many millions of people who really have next to nothing, but they survive. From the train station in Kathgodam,

it was 3 hours by bus on winding narrow roads to our guest house. The school we were supporting, Himalayan Public Schools-Suyalgarh, was an additional 45 minutes away.

For 7 days, we spent time on our various projects. A water catchment system was built, the researchers surveyed the kids regarding transportation needs, the children participated in art projects, and a solar classroom with computers was put into place (a storage container converted to a classroom).

One of the primary foci of the expedition is the impact of "listening while reading" on reading fluency development. This project uses the computer application, SiMBi, in order to give students access to books which have been pre-recorded by native English speakers. Using pre-selected, culturally-appropriate reading passages, we evaluated the correct words per minute for students from the 1st to





Opposite Top

Shari Linde with children from HPS-Suyalgarh

Opposite Bottom

Evaluation of correct words per minute in a reading fluency task

Above

Classroom at HPS-Suyalgarh

7th grades, keeping in mind students' speech, language or communication needs. Students randomly placed in control and treatment groups will be re-evaluated after 30 days by one of our researchers in order to determine SiMBi's impact.

As a SLP, I was able to identify and assist children who had language or communication needs. In particular, I worked daily with a Hindi-speaking second grader who had a significant phonological disorder and had never received any services. He was so excited when he could say some of his sounds correctly; his classmates were interested in what he was doing and eager to help him. Further, additional students were brought in from a nearby school to meet with "the doctor" (that would be me as that's what they believed I was) in order to provide the parents with suggestions and recommendations for services or exercises to do at home. In addition to the language barrier, where my work had to be done via an interpreter, there was an extra layer of challenges when parents did not read or write in any language and could not personally benefit from written instructions.

In many parts of India, there is a real paucity of available services for children with communication needs. They may be perceived as lazy, stupid, or naughty, when behaviours or challenges are the result of delays or disorders. Many teachers have limited educational training and no access to resources. They are working in classrooms lit only by the daylight that comes into the room through the doors or windows. Students are sitting in crowded rooms, with broken desks or tables and a small blackboard at the front of the room. Many students walk up to 10 km to get to school, with poor footwear and limited food, and often in stormy conditions. The bathrooms consist of a small, dark room with a squat platform. Yet, despite these challenges, the students appear to be cheerful and very eager to learn. They enjoy laughing and playing: even kicking a plastic bottle around can be a lot of fun!

The children of HPS-Suyalgarh were very respectful and kind. They loved to have their photos taken and would regularly say "Namaste" to our team members, or touch our feet as a token of respect. They would pick wild flowers and give these to us. They never complained while we were working with them. They loved to talk and share about their families, their wishes and their aspirations. They showed great manners and were very thankful for any small token given such as stickers or pencils. They jumped at any chance to help us, such as with completing our charts, or running up the steep hill

to give something to a teacher in another classroom. These children were truly inspirational. Their appreciation for what they have was admirable.

Throughout the expedition, there was frequently heavy rain. We often went for long periods of time without power, Wifi or internet. Even though I had set up an Indian phone number, there was regularly “no service.” The emails, Instagram, Whatsapp, and Facebook checks had to wait. We got to know each other better as a team, sharing masala chais and stories by the fireplace.

As a SLP, I have taken a lot from this experience that I will share with the clients and families I service. Some of the lessons I have learned include:

- Don't sweat the small stuff
- Keep striving for more, even when obstacles are placed in front of you that seem insurmountable
- Kindness and respect go a long way
- Surround yourself by positivity
- Emphasize the interpersonal communication over the “gadgets”
- Laugh, smile, share and play!

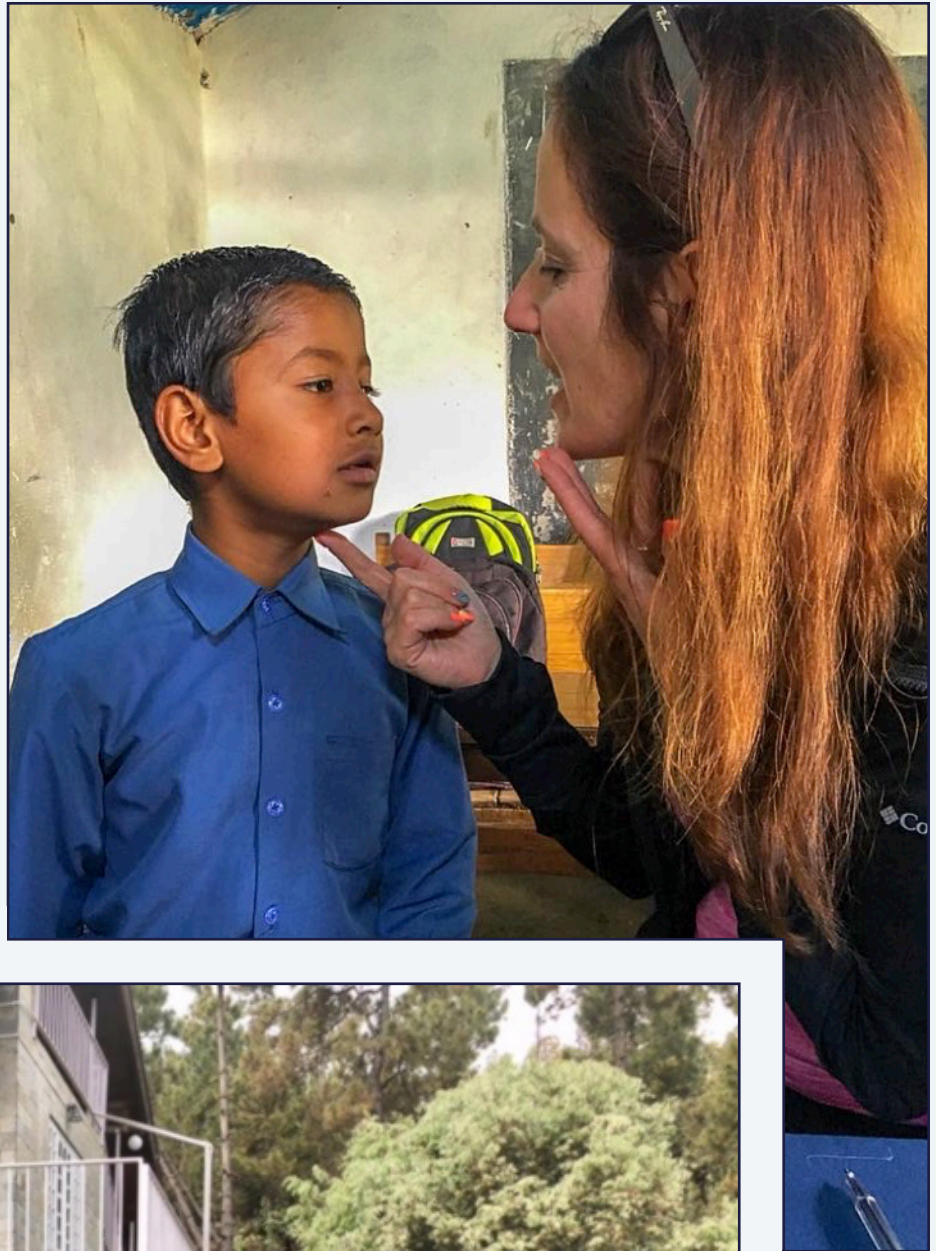
My only regret is that it has taken me 24 years as a SLP to do a trip such as this one. It will not be my last. If you are contemplating any type of volunteer trip abroad, do it!! It is truly a life-changing experience. A part of my heart has remained with the people of India. I have a much better appreciation of how lucky I am in Canada, and a profound gratitude to the Indian people for what they have taught me.

For more details on the trip that I took, please check out the Expeditions link on www.thewalkingschoolbus.com. You may also see my pictures and details on my FB page at Advantage Speech-Language Pathology Ltd.

Shari Linde, M.Sc. RSLP

Director of Advantage Speech-Language Pathology Ltd.

Top
Shari Linde conducting articulation therapy with a student from HPS-Suyalgarh



Bottom
Team from The Walking School Bus India Expedition: April, 2018



Public Education Update:

Talk Spot

Thank you to all members and community partners for all the support for our Talk Spot campaign! This may be our biggest campaign to date and we would not have been able to do it without our incredible marketing team at ZG Communications and the tireless work of the volunteers on the Public Education Committee. The campaign was featured on TV, radio and in print, including Fairchild TV, News 1130, CBC, The North View, Island Parent, The Vernon Morning Star, Black Press Okanagan Syndication, North Shore News, Westcoast Families and Vancouver Coastal Health's blog. Thank you to our volunteer media reps Megan Young, Jeanette Grant, Susan Robertson, Camille Traverse, Kate Chase and Pam Waterhouse for representing the campaign and Speech and Hearing BC.

Many organizations also joined us to spread the word including the City of Richmond (fully adopted across the city), Association for Child Development and Intervention, Vancouver Coastal Health, Carrier Sekani Family Services, and Haida Child and Family Services Society. We also had 80 libraries, 20 community centres and 3 shopping malls across the province participate. The City of Vancouver even named May 21st "Talk Spot Day"!

We also had significant interest via social media. On Facebook, we had 46,424 organic impressions (i.e. not paid for) at the mid-way point in May in comparison to 14,474 for all of April. In April, the average number of people who were daily engaging with posts for the month (i.e. liking, commenting, sharing) was 127. To date, the average for May is 873. The most popular post was seen by more than 3,800 people! On Twitter, we have had 8,954 organic impressions, in comparison to 2,020 for April (a 398% increase!). The top tweets of the month had between 4 - 7 retweets, with the most successful single tweet earning 560 impressions (on its own)! This post was the "Did You Know" announcement for the first day of Talk Spot.

Thank you to all the Speech and Hearing BC members who volunteered their time at events to make this campaign a success: Lisa Cytrynbaum, Nadine Fort, Tracy Lam, Dorothy Mathews-Dana, Nomi Kaston, Martine Schlagintweit, Kyle Smith, Elaine Stein.



A special thanks to Andrea Gates, Program Leader for Speech and Language at Richmond Public Health, for approaching the Public Education Committee with the idea that started it all. If you have ideas for a campaign or would like to join the Public Education committee, email me at beccayu@gmail.com.

Becca Yu
Director, Public Education

UBC Aphasia Mentors Program: Growing the Program

The Aphasia Mentors Program is an innovative program that has been offered within the School of Audiology and Speech Sciences over the past 8 years. The program, which is offered weekly during term time, was designed with the goal of engaging people with aphasia in student education. It is an opportunity for reciprocal learning, where students and people with aphasia are simultaneously learning from, and with, each other.

Prior to attending the Aphasia Mentors Program, students are taught communication supports and strategies based on Supported Conversation for Adults with Aphasia (SCA™) (Kagan, 1998). Students also learn techniques to participate in the program as effective community aphasia group facilitators, creating communicatively accessible environments for client participation.

Throughout each session, the Aphasia Mentors provide feedback and insight to students. By positioning clients as teachers and acknowledging them as the experts of their own condition, students engage with the Aphasia Mentors in a relationship that focuses on equality and collaboration.

The program also strives to enhance the quality of life for people with aphasia through engagement in meaningful activities associated with mentoring, advocacy and special interest groups. Examples of current activities include small group discussions focusing on interests including Debate, Food and Nutrition Discussion, and ToastMentors.

The program is planning to expand in January of 2019 and the Program SLP, Eavan Sinden, will be reaching out to connect with the SLP community to discuss opportunities for clients to attend. The expansion will aim to add to the program's original objectives, offering a program for people with aphasia transitioning from and between hospital services. The Program SLP will be seeking to collaborate closely with SLPs in the community to ensure seamless access to services at all points along the care continuum.

**For any questions or comments on the Aphasia Mentors Program,
or for further information on
how you can refer a client, please contact
Eavan Sinden at esinden@audiospeech.ubc.ca.**

*The Aphasia Mentors meet every Thursday during term time, from 10 AM – 12:30PM.

Interview with Henry Lam: Acting Head of Audiology at WIDHH

What is the Western Institute for the Deaf and Hard of Hearing? Don't you just do "free hearing aids"?

The Western Institute for the Deaf and Hard of Hearing, or WIDHH, is actually different than what many clinicians may think we are. In fact, WIDHH is a multi-faceted charitable organization that does more than just hearing aids.

Really? So who is WIDHH exactly?

WIDHH is a registered charity dedicated to creating a society in which people who are Deaf, Deafened, Deafblind, and Hard of Hearing (collectively referred to as "Deaf and Hard of Hearing") are able to fully participate.

Deaf and Hard of Hearing individuals continue to face daily challenges in all aspects of their lives and contend with issues of exclusion in the workforce, in education, and in public life because of communication barriers. WIDHH provides supportive programs and services that focus on the strengths and talents of Deaf and Hard of Hearing individuals rather than barriers.

We work to create opportunities for individuals to gain employment, connect with their friends and families, participate in communities, and create multiple successes. We also provide public education to increase awareness and understanding of Deaf and Hard of Hearing issues.

Well, that's more like your mission statement, but what does WIDHH do?

WIDHH provides a range of vital programs and services to support Deaf and Hard of Hearing individuals across BC.

Our Employment Counselling services help job seekers to overcome challenges in obtaining and keeping employment but also provides support and training to potential employers in increasing knowledge, understanding, and willingness to offer employment opportunities for Deaf and Hard of Hearing individuals.

The WIDHH Seniors Outreach program identifies isolated Deaf and Hard of Hearing Seniors in the Lower Mainland and provides them with volunteer outreach services at home. Program volunteers provide companionship, home visits, transportation assistance, facilitated shopping trips, and other outings so that isolated seniors can remain connected to their communities.

WIDHH is the only charitable organization to provide Sign Language interpretation services in British Columbia. We have two distinct services: Medical Interpreting Services (MIS) and Community Interpreting Services (CIS). MIS provides interpreting services for Deaf and Hard of Hearing British Columbians in most interactions with health care providers. CIS provides interpreting services for non-medical related appointments in the community such as for job interviews and public events.



WIDHH's Communication Devices Showroom is unique in that it not only displays a large range of assistive listening devices such as amplified phones, alerting devices, and television devices but also provides one-on-one consultations and ongoing support to ensure individuals are comfortable with their devices.

Well, that's quite a bit, but what about hearing aids?

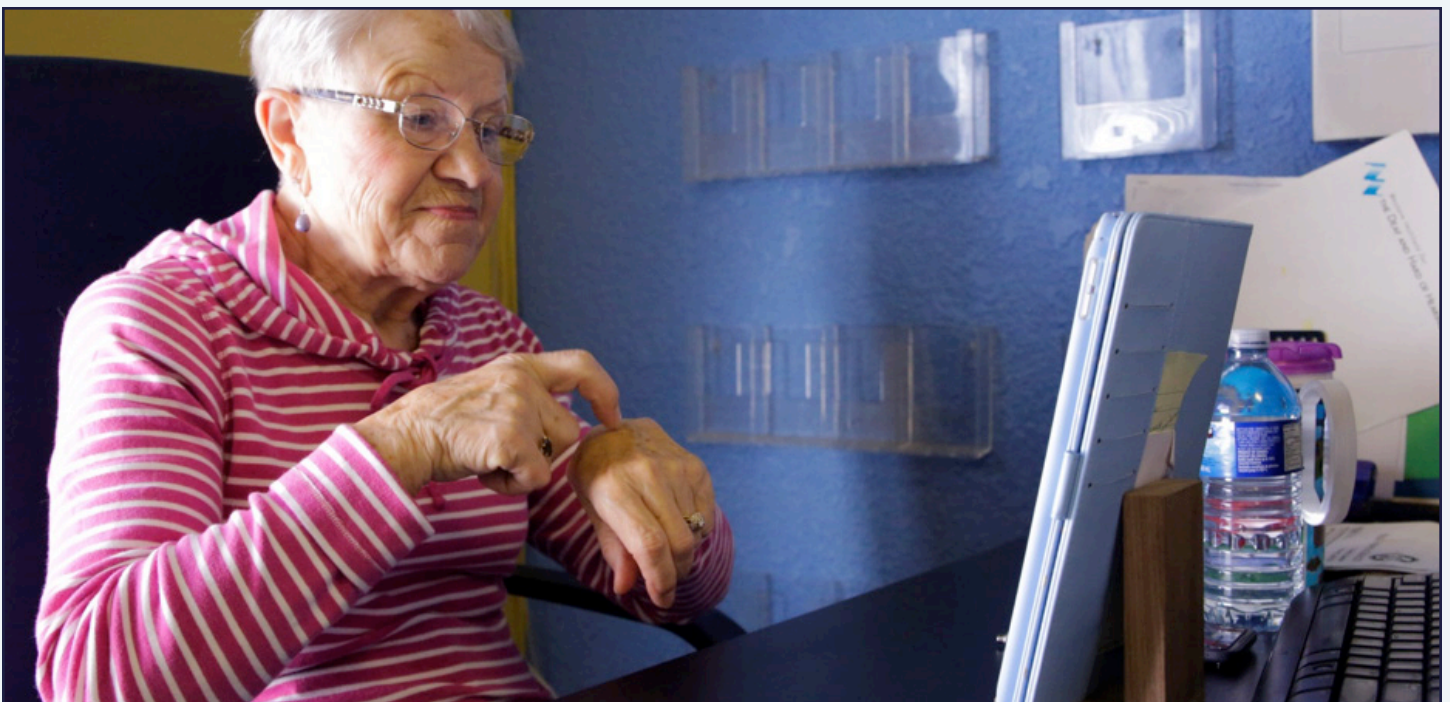
We do deal with hearing aids and much more across our 3 Lower Mainland clinics. We offer the newest and most current hearing aid technology. We are the leaders in fitting personal FM systems for post-secondary students and adults in British Columbia. We also offer aural rehabilitation classes in communication strategies and speechreading. Our philosophy is to work with each individual to develop a personalized hearing rehabilitation program that best fits his/ her hearing needs, lifestyle, support network, and budget. We believe in a no-pressure approach because the decision to purchase hearing aids is deeply personal to each person's circumstances.

And free hearing aids?

We don't have free hearing aids, but we have our Lend An Ear program, which refurbishes donated hearing aids and provides them on a permanent loan basis for those who cannot afford new aids. However, there is a small nominal cost to the hearing test and hearing aid. So they're not really free hearing aids.

I don't think I know anyone who needs your services. Will I ever really send patients to WIDHH for services?

You never know when you may encounter a Deaf or Hard of Hearing individual on your caseload. If that individual is a senior and would benefit from outreach tailored to the Deaf and Hard of Hearing, WIDHH can help. If your patient is struggling with finding or keeping work because of communication barriers, WIDHH can help. If your client communicates in American Sign Language and needs an interpreter for appointments or events, WIDHH can help. If your client struggles with their current hearing aids and need a complete hearing rehabilitation program, WIDHH can help.



Above
WIDHH Client having Video Conversation in American Sign Language

The Clock is Ticking

Did you know December 31st, 2018 marks the end of the Continuing Competency Credits (CCCs) reporting cycle for the CSHHPBC? Are you feeling the time crunch to make sure you have your 45 CCCs before the end of the year? Speech and Hearing BC is here to help!

A great opportunity to get almost a quarter of those hours, 11.5 hours to be exact, is to attend the 2018 Speech and Hearing BC Conference on October 19th and 20th at the Delta Victoria Ocean Pointe Resort. This year we have an exciting theme of Neuroplasticity, and a world-renowned key-note speaker, Dr. Steve Miller. We will also be hosting speakers from across Canada and the United States that will offer a range of topics in Audiology and Speech-Language Pathology. Registration for the conference will open in early June on the [Speech and Hearing BC Conference website](#). The Speech and Hearing BC Conference is not only a time to collect those all important CCCs, it's also a time to connect with your colleagues and friends that gather at this yearly event. The Speech and Hearing Conference provides us with the opportunity get together and share stories, laughter and good company.

Outside of the conference, there are other ways to squeak in those last few CCCs before the clock strikes midnight on December 31st. On the [Speech and Hearing BC website](#) you can find a great list of online webinars: Make sure to look for the Speech and Hearing BC discounts.

Also on the Speech and Hearing BC website, you can access the [Electronic Health Library](#) and gain some hours in Category D: Self-Study: Don't forget to keep your study notes in case of an audit!

Finally, for those of you with Advanced Competencies, did you know you can gain some CCCs in Category C: Study/Interest Group? If you are interested in getting together with your colleagues (in person or video/tele conference) to discuss recent research articles, clinical cases, or upcoming research, please [email me](#) to get this group started.

For more information about your Continuing Competency Credits, please visit the [CSHHPBC website](#) for details on current polices.

Hope to see you October 19th and 20th in Victoria!

Alyssa Dixon

Speech-Language Pathologist
Director of Professional Education

Interested in being part of a Multilingual Practice Group?

Where: Lower Mainland, but could include a few people from outside through Skype or phone.

When: Quarterly (3-4 times a year) for 2 hours in an evening (Tuesday or Thursday).

Who: SLPs and Audiologists who are engaged in practice with clients with languages other than English; and possibly interpreters

Why: This is a growing area of practice and we have much to learn and share.

Activity: Share materials, resources, research across the domains of speech-language pathology and audiology.

I have been jointly conducting a crosslinguistic study in phonological development for the past 12 years and have resources to share. I would be happy to start such a group in the fall. If interested, please contact me:

Barbara May Bernhardt, PhD, RSLP

Professor Emerita, UBC

Email: bernharb@mail.ubc.ca



Speech and Hearing BC



Call for Nominations

2018 Speech and Hearing BC Awards

CATEGORIES

Honours of the Association

Honours members who have made outstanding contributions to speech-language pathology and/or audiology in areas such as education, research, organizational services, and/or administration.

Distinguished Service Award

Honours individuals who are not speech-language pathologists or audiologists, but who have made outstanding contributions to the professions and the communities they serve.

Award in Recognition of Service

Awards members whose special efforts and contributions, through volunteer service with Speech and Hearing BC and related organizations, have contributed to the growth of audiology and speech-language pathology.

The Audiologist and Speech Language Pathologist of the Year

These awards are given to individual members or teams who have been nominated by clients and/or client families and who are members of Speech and Hearing BC/registered with SAC/CSHHPBC. These awards are given based on client nomination. These awards will be presented to those individuals or groups that have contributed to the growth of the professions of Audiology and Speech-Language Pathology exemplifying the vision or mission of the professions for client outcomes and care.

Please see link for more information and for the nomination forms: <http://speechandhearingbc.ca/professional/membership/awards/>.

Please send in your nominations by August 15, 2018, attention Janet Campbell, to janet@speechandhearingbc.ca or by fax: 604-736-5606.



Columbia Speech & Language Services Inc.

With the recent addition of new team members, we are pleased to announce that we are currently accepting **new clients** in the following areas at our Vancouver office (with some availability for travel):



Autism (including preschool aged children)

SLP Daisy Woods comes to us from London, England, where she worked extensively with pre-school and school-aged children with a variety of communication challenges, including those with autism, developmental delay, articulation impairment, Down Syndrome, language delay, and multiple challenges. She is on the **Registered Autism Service Providers** roster.



Parkinson's Disease (LSVT) and Voice

SLP Alannah Turner came to the profession via an acting background and her own experience with vocal nodules! **Alannah works with both adults and children for voice therapy and is certified in Lee Silverman Voice Treatment (LSVT).**



Children's Fluency (all ages including teens)

With the addition of Jessica Barclay to our highly experienced fluency team (Wendy Duke, Jayme Carvey, Katelyn Eng and Danyl Himaras), we are able to provide even more treatment options to children and teens, including small group and paired treatment.

We are also currently registering clients for these upcoming programs:

❖ Summer Adult Intensive Stuttering Treatment Clinic (August 2018)

See www.columbiaspeech.com for full funding information and dates. This program has been run continuously every summer since 1995! Originally developed by veteran SLP (now retired) Joe Newsted and clinic director Wendy Duke, SLPs Jayme Carvey and Wendy Duke have continued to improve this program every year. Note **that full funding may be available** for eligible adults.

❖ iTAWC (Intensive Treatment for Aphasia in Western Canada) (Fall 2018)

Under the stewardship of our longtime associate, SLP Alisa Ferdinandi, this remains the only intensive comprehensive aphasia treatment program in western Canada. Please see www.itawc.com for more information.

❖ TBISCIT (Traumatic Brain Injury Social Communication Interactive Therapy) (October 2018- April 2019)

This landmark program for adults with brain injury was developed by SLPs Kathy Yoshida and Karen Salamon; it targets social communication skills important for life participation in a collaborative, practical setting. Contact info@columbiaspeech.com for more information or to register.

❖ Foreign Accent Reduction

Western Canada's first such program has been operating continuously since 1987. For the past 15 years, SLP Tracey Jalovec has taken over the reins of this much loved program. See www.columbiaspeech.com for more information.

Submit Your Story

Next deadline: August 10, 2018

Please contact Janet Campbell, at janet@speechandhearingbc.ca, to inquire about submissions.

Contributors

Alyssa Dixon

Henry Lam

Shari Linde

Becca Yu

Credits

Editors: Janet Campbell and Sherri Zelazny

Communications: Janet Campbell

Layout: ZG Communications



Speech and Hearing BC