



FROM PAM'S DESK

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TECHNOLOGY ISN'T EVERYTHING

My friend Sam came for his appointment recently with stories to tell about his upcoming report on Charles Darwin complete with puppet dialogue. We were sitting in front of the computer where we were planning to practice reading fluency using new voice recognition software that records and plays back a reader's own voice. It corrects misread words and measures fluency by counting correct words per minute. We were ready to boot up the computer but the conversation was compelling, so we talked for a few minutes. Finally Sam said, "Well Miss Pam, I think we had better get started." I replied, "I agree that we need to practice our reading, but we have certainly already started our speech session." "Really?" Sam said. "Why, yes," I said. "We call this *speech* therapy, don't we? Conversation skills are a critical part of communication and reveal a great deal about language processing and organization." A look of understanding came over his face, "Miss Pam, you are so diabolical." I think he meant that in a good way since he said it with a smile. This was a good use of a new word but maybe a little less precise than what he meant.

In the past, Sam had much more difficulty expressing his ideas clearly. Sam has a language disorder that showed up as dyslexia when he started to read. He has a keen intelligence, a family who is supportive and has been

proactive in getting him speech and language therapy at an early age and has provided him with specialized education. In our Center, he has benefited from high tech therapies such as Fast ForWord™ and other computer-based programs and low tech face-to-face therapy including structured conversation practice (I am sometimes sneaky about working in conversation practice but never diabolical). We have used the best evidence-based tools and techniques available. We have evaluated progress on a regular basis and adjusted our treatment as needed. By the way, Sam is looking forward to entering a challenging new middle school next fall. Congratulations Sam.

CLEARVOICE

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CLEAR VOICE

A PUBLICATION OF THE CENTER FOR SPEECH EXCELLENCE

SPRING 2009

VOLUME 18, ISSUE 1

SUMMER PROGRAMS AT THE CENTER FOR SPEECH EXCELLENCE

PLAN NOW FOR CAMP FAST FORWARD

Give the gift of faster auditory-language processing by enrolling your child in one of the Fast ForWord programs in our Center. The summer is the ideal time since schedules are more relaxed and flexible. Our Center's Fast ForWord Camp provides trained monitors to coach your child through the program in our specially designed computer lab providing minimal distractions and maximum support to assure success; all under Pamela Bashor's clinical monitoring. It also allows for peer to peer social interaction during break time. We like to have recent language-processing test results to compare with post Fast ForWord test scores, so scheduling testing now is ideal. If there are recent test scores available, we would not need to repeat those tests. Fast ForWord continues to prove itself as the most efficient program to improve auditory-language processing skills that leads to improved oral and written expression and improved reading and spelling skills. On average there is 1.5 to 2 years gain in language processing and reading skills in 6-8 weeks of daily practice.

Fast ForWord has programs for preschoolers through adults.

MASTER THOSE DIFFICULT SPEECH SOUNDS!

Summer is also a great time to give your child the help he

or she might need to improve speech sound production. Has your child been working on an "s" or an "r" for a while but still hasn't mastered it? Perhaps intensive individual therapy with Pamela Bashor will provide the key. Helping a child clear any articulation errors before starting the next school year will be a valuable use of summer time.

BOOST YOUR PRESCHOOLER

TOWARD KINDERGARTEN

Children who begin Kindergarten with speech and language skills on target have a significant advantage in their readiness to learn and move toward success in learning to read.

IMPROVE YOUR CHILD'S READING FLUENCY

Reading Assistant, by Scientific Learning is a computerized reading program that allows a child to read structured and graded stories into a microphone that accesses speech recognition software. Your child reads for a half-hour each day getting feedback on missed words, getting a count of correct words per minute and listening to their own speech when reading. Your child will answer comprehension questions and will see their reading fluency scores improve. Our trained staff provides further feedback and direct reading help to reinforce progress.

SPEECH IS THE VOICE OF THE HEART CHINESE PROVERB

FOR MORE INFORMATION & SCHEDULING CALL

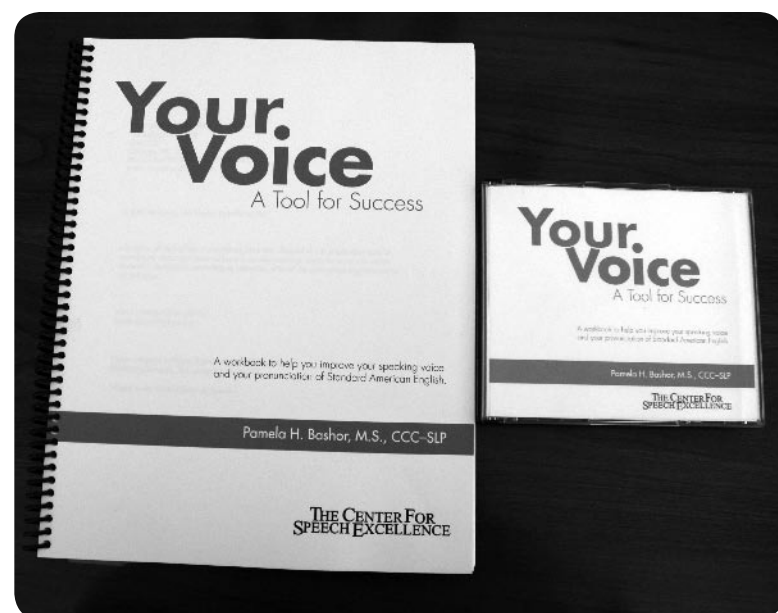
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THE CENTER FOR
SPEECH EXCELLENCE

YOUR VOICE A TOOL FOR SUCCESS

The sound of your voice and the clarity of your speech carry the strength and confidence of your ideas and convey your personality. If you would like to improve your speech and voice to increase your confidence and power of communication, call us for information about scheduling an evaluation and speech training sessions to help you meet your goals. The training sessions are individually designed and uses Mrs. Bashor's book and CDs *Your Voice – A Tool for Success*. The book and CDs are available for purchase as a standalone self-study aid.



For more information or to purchase this useful tool for improved speech and voice, please contact our office at **704.375.5231** or visit our website, www.speechexcellence.com.

KEEP YOUR VOICE HEALTHY

GET ENOUGH SLEEP

Experts say people need seven to nine hours of sleep each night for the body to feel restored and rested. The muscles in the vocal system require the rest to function efficiently.

EAT A WELL-BALANCED DIET

Eat a variety of fruits and vegetables to get balanced nutrition. It is advisable to eat several small meals each day. Don't eat a heavy meal late at night to avoid gastric reflux disease, a common cause of chronic hoarseness.

DRINK PLENTY OF WATER

The old wisdom of drinking six to eight glasses of water per day is still a good idea but new research suggests that any liquid contributes to general hydration. Drinking at least 36 ounces of water each day is a good goal because water doesn't add calories to your diet. The cells in the body require adequate hydration to be healthy. This is especially true of the delicate mucous membranes that cover the vocal folds.

EXERCISE REGULARLY

Regular exercise for balance, flexibility and strength is very important for the voice. A strong core and a well aligned posture encourages the body to breathe deeply to support a clear youthful voice.

DE-STRESS

Move at an even pace through the day, drop your shoulders, relax your grip. Talk more slowly, listen more attentively, breathe more deeply, and smile.

STUTTERING 101

DO YOU THINK YOUR CHILD MAY BE STUTTERING?

About 20 percent of all children go through a stage of development during which their speech becomes so disfluent that their parents become concerned. Some 5 percent of all children are disfluent for at least six months or more. Seventy-five to eighty percent of those will recover by late childhood. This leaves about 1% with a long-term problem. The best prevention is early intervention. If you think your child is stuttering and it persists for three months or more or is particularly severe, schedule an appointment for a speech evaluation right away. In general, the earlier the better is the best treatment. As parents, you can get answers to your questions about how to help your child at home and if necessary, a course of speech therapy can help eliminate or minimize the stuttering symptoms.

ARE YOU STRUGGLING WITH A STUTTERING PROBLEM?

What do Vice President Joe Biden, Golfer Tiger Woods, NY Yankees outfielder Johnny Damon, Singer Carly Simon, Actor Bruce Willis, and Actress Julia Roberts have in common? They are all stutterers.

Stuttering is a communication disorder in which the flow of speech is broken by repetitions, prolongations, or abnormal stoppages of sounds and syllables. There may also be unusual facial and body movements associate with the struggle to speak. Stuttering is also referred to as stammering.

There are over three million Americans who stutter, about 1% of the population. Stuttering affects four times as many males as females.

IF YOU HAVE A PROBLEM WITH STUTTERING OR HAVE A CHILD WHO STUTTERS, CALL OUR OFFICE FOR AN EVALUATION TODAY AT 704-375-5231

OUR TIME THEATER COMPANY PRODUCES AN ALBUM TO BENEFIT YOUNG PEOPLE WHO STUTTER

An album, *Listen*, is due on June 23 featuring 15 songs written by teen and pre-teens who stutter. A variety of pop and musical-theater artists joined with Our Time Theater Company, a non-profit group devoted to helping young people who stutter. Carly Simon was inspired by the group founder Taro Alexander, "who "has contributed his gifts (so that) having a stammer or a stutter has grace and originality and does not have to hidden in the dark chambers of shame." Simon said she "had a debilitating stammer for most of my life." The performers on this album include Carly Simon, Duncan Sheik and Daryl Hall and John Oates with a number of Broadway stars. The album was recorded at Jon Bon Jovi's studio and features 15 songs.

Source: Elysa Gardner, USA Today April 24, 2009

CAUSES OF STUTTERING

GENETICS

Approximately 60% of those who stutter have a family member who does also.

SPEECH & LANGUAGE DEVELOPMENT DISORDERS

Children with other speech and language problems or developmental delays are more likely to stutter.

NEUROPHYSIOLOGY

Recent research shows that people who stutter process speech and language in different areas of the brain than those who do not stutter.

Stuttering may be caused by a combination of factors and may have different causes in different people. Family dynamics that include high expectations and fast-paced lifestyles can contribute to stuttering. There are preliminary reports that there is a prevalence of ADHD among children who stutter. It is probable that what causes stuttering differs from what makes it continue or get worse. There is no evidence that emotional trauma causes stuttering.

While there are no instant miracle cures for stuttering, there are many techniques that can help children, adolescents and adults become more fluent. We are experienced in providing speaking techniques that can minimize the effects of stuttering and we are certified providers of the SpeechEasy™ fluency device. For more information about the SpeechEasy™ device, log on to www.speecheasy.com or call our office to request a packet of information.

Source: Stuttering Foundation of America