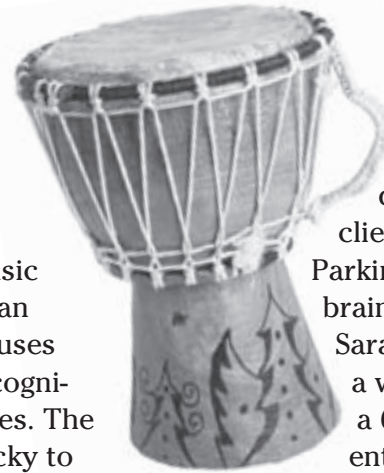


CNS Program Highlights

Music Therapy

The music therapy department at CNS gives clients another opportunity to receive comprehensive care at a central location. However, many people aren't familiar with this type of therapy. According to the American Music Therapy Association, music therapy is an established healthcare profession that uses music to address physical, emotional, cognitive and social needs of clients of all ages. The music therapy department at CNS is lucky to have Sarah Lawton, a board certified neurologic music therapist on site and available to see clients. Sarah has advanced training in evidence based Neurologic Music Therapy. There have been numerous research studies that support the efficacy of using music as therapy for patients with neurologic diseases and injuries. Sarah observes the effectiveness of these studies carefully in order to treat



clients with the latest techniques as clients are empowered in their rehabilitation. The music therapy department at CNS has worked with clients who have had Multiple Sclerosis, Parkinson's disease, strokes and traumatic brain injuries. Clients generally meet with Sarah for one-hour sessions, once or twice a week. Recently the department held a 6-week cognitive skills group for clients with Multiple Sclerosis. The group focused on attention, memory and executive functions such as planning and decision making. This group was a huge success and the department is offering more groups in the future. If you are interested, please call CNS at (970) 493-6667. More information about music therapy can be found at the American Music Therapy Association website: www.musictherapy.org.

Speech Therapy

There are several new treatment options within the speech therapy department at CNS. Lynne Howell, M.S., CCC-SLP and Kate Ensman M.A., CCC-SLP, are both speech-language pathologists and each have specific training in different programs. Lynne recently completed the Lee Silverman Voice Treatment Program, LSVT[®], in Boulder, CO in January. She is now certified in this technique which is a voice treatment program for clients with neurological diagnoses, particularly Parkinson's disease. This technique puts voice first before other aspects of speech production such as articulation. There are currently 1.5 million people living with Parkinson's disease in the U.S. and 89 percent have problems with speech. However, only 4 percent receive treatment for these problems. With LSVT[®], CNS hopes to help patients with Parkinson's in the community.

Another new program available at CNS is VitalStim[®] Swallowing Therapy. This program uses electrical stimulation to help clients with swallowing problems. CNS has been using the program for

2 months and Kate Ensman, speech-language pathologist at CNS, is a certified clinician in this program.

The speech therapy department at CNS has also started a communication and social skills group for clients. The group meets once a week for 6 weeks and focuses on clients' communication skills in a group setting. Clients need to be recommended for this group by their treating speech therapist.

Along with new programs, CNS is also participating in the American Speech Language and Hearing Association National Outcomes Measurement System. Pre-treatment and post-treatment measures are entered into a national database as a way to track clients' progress both on a national and center-based level.

CNS is is eagerly putting these new services to use as we respond to community needs.



Spotlights

Volunteer Spotlight

Kelly Walker Haley

CNS is extremely fortunate to have Kelly Walker Haley as the volunteer coordinator. Originally from Lakewood, CO, Kelly has been with CNS for approximately 3 years. Kelly attended school at Colorado State University and has her bachelor's degree in Health and Exercise Science. She has also received two master's degrees, one in Human Development and Family Studies and the other in Health and Exercise Science. Kelly enjoys working with CNS because of the multi-disciplinary approach to health and wellness. "I love the mission at CNS, everyone is like a family," Kelly said. Kelly is the person to get in touch with if you would like to volunteer at CNS. CNS currently has between 15-20 volunteers

in several different departments. There are opportunities available in physical therapy, occupational therapy, speech therapy and in other areas. "The possibilities are endless and we will work with people to fit their goals," Kelly said. CNS would ideally like a 9-month commitment. Interested volunteers can call Kelly at (970) 493-6667, extension 368 to receive a volunteer packet and set up an interview. We are excited to have new volunteers at CNS!



Guest Intern Editor

Krystal Prather, a senior Technical Journalism major at CSU, has been working with CNS this semester to help with this edition of *Onward and Upward*. Krystal helped with interviews, writing articles and editing. It was a great experience for her, and CNS hopes to have other interns in the future.

CNS Staff

Back Row (L-R):

Jackie Bennett, Shannon Bennett, Pat Kimble, Kerrie Cargill-Hitchcock, Diane Kennedy, Heidi Kimble-Jennings, Nancy Cwiklin, Amanda Barnhart

Middle Row (L-R):

Tim Bennett, Deana Davalos, Lynne Howell, Steve Rivoire, Jeff Nelson, Christy Dittmar, Tom Wodushek, Kate Ensman, Tom Vnuk

Front Row (L-R): Beth

Zevenbergen, Sarah Lawton, Stephanie Seng, Beth Fondy, Lesley Murray, Barbara Cuzzort, Marlis Lane

Not Pictured:

Cathy Arnerich, Vikki Boone, Kim Dittmar, Kody Dittmar, Jerry McIntosh

