

NSSLHA NEWSLETTER

CALIFORNIA STATE UNIVERSITY, LOS ANGELES

March is National Cerebral Palsy Awareness Month



What is Cerebral Palsy (CP)?

- "Cerebral" means relating to the brain. "Palsy" means paralysis and involuntary tremors.
- CP results from abnormal brain development that occurs in the womb, during birth, or shortly after birth
- CP is the most common childhood motor disability
- This condition affects the individual's muscle tone, movements, posture, and balance
- Depending on the type of CP, different parts of the brain may be damaged, including the cerebral hemispheres and the cerebellum

Speechless

The TV show *Speechless* centers around the daily life of a teenager with CP. Micah Fowler, who in real life has CP, plays the main character, JJ, who has CP. JJ uses a wheelchair and communicates with headgear that has a laser pointer and a communication board with words, letters, and numbers. To get through the day, JJ uses an aid that produces speech for him while he is at school. The show shines a light on the daily struggles and naive perspectives that many people have towards JJ and his condition. JJ is sarcastic and witty and strives for independence and a typical teenager's life. *Speechless*, available on Amazon Prime, is a perfect show to watch to learn more about CP!

Interesting Facts

- CP can be caused by severe jaundice, premature birth, head injury, infection, lack of oxygen, and brain hemorrhages
- The most common type of CP is spastic CP, which affects 80% of those with CP
- CP may affect speech and swallowing
- CP is classified into four types based on movement difficulties
 - Spastic CP (stiffness and rigidity)
 - Ataxic CP (discoordination between muscle groups, including difficulty walking)
 - Mixed CP (more than one motor problem)
 - Dyskinetic CP (muscle tone challenges that affect the entire body)
- Signs of CP can be noticed as early as a few months after birth to around the age of 2
- About 2 or 3 out of 1,000 children have CP. 43% are female and 57% are male.

Zach Anner

Comedian, actor, and writer Zach Anner was diagnosed with CP when he was a little over a year old. He was diagnosed with spastic CP and claims it is "the sexiest of all the palsies." Born November 17, 1984, Zach is 36 years old and makes every day his best day.

Zach's fame began when he submitted a video to Oprah Winfrey's network show *Search for the Next Star*. By doing so, Zach won his own TV show on *OWN* through Oprah's *Your OWN Show*.

Zach brings laughter to viewers of his YouTube channel, where he does just about everything, including advertising products and answering questions about CP. Check out his YouTube channel at <https://www.youtube.com/user/ZachAnner>

Zach speaks fluently but must remain in a wheelchair. He has some stiffness in his posture and arms but is able to perform basic daily activities. Zach informs his viewers that CP is caused by brain damage and that not everyone who has CP is restricted to a wheelchair. Zach has a very positive attitude and is willing to take on the world regardless of what life may throw at him!

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STUDENT SPOTLIGHT

Christina Rocha



Can you tell us a little about yourself?

My name is Christina Rocha. I am 40 years old, and I have cerebral palsy. I had an open-heart surgery when I was only five weeks old. I can't move my left arm, but I can walk with help. When I was little, I could not use my voice so I learned sign language. When I was six months old, I used to just point at things to let my mom know that I wanted something. Whenever I wanted to go outside, I pointed to the door and my mom told me to use my words. I remember feeling mad and frustrated, so I decided to try to speak. So I started to make sounds until a couple of weeks later I said the word "outside." I am a trilingual: sign language, Spanish, and English. In my spare time, I like to sew and go to football games. I enjoy all varieties of music, including country.

STUDENT SPOTLIGHT

Christina Rocha

WHAT HAVE YOU TAKEN AWAY OR LEARNED FROM YOUR TIME AS A CLIENT AT THE ROBERT L. DOUGLASS SPEECH-LANGUAGE CLINIC?

I am so grateful to have received therapy at Robert L. Douglass Speech-Language Clinic.

Therapy has made a difference in my life. The center has helped me with my articulation; I could not say the /p/, /m/, and /b/ sounds. It has been three years since I am able to swallow. I have met my goals with therapy, but due to the pandemic I feel like I need therapy again. I am so grateful for the therapists. They are kind and helpful.

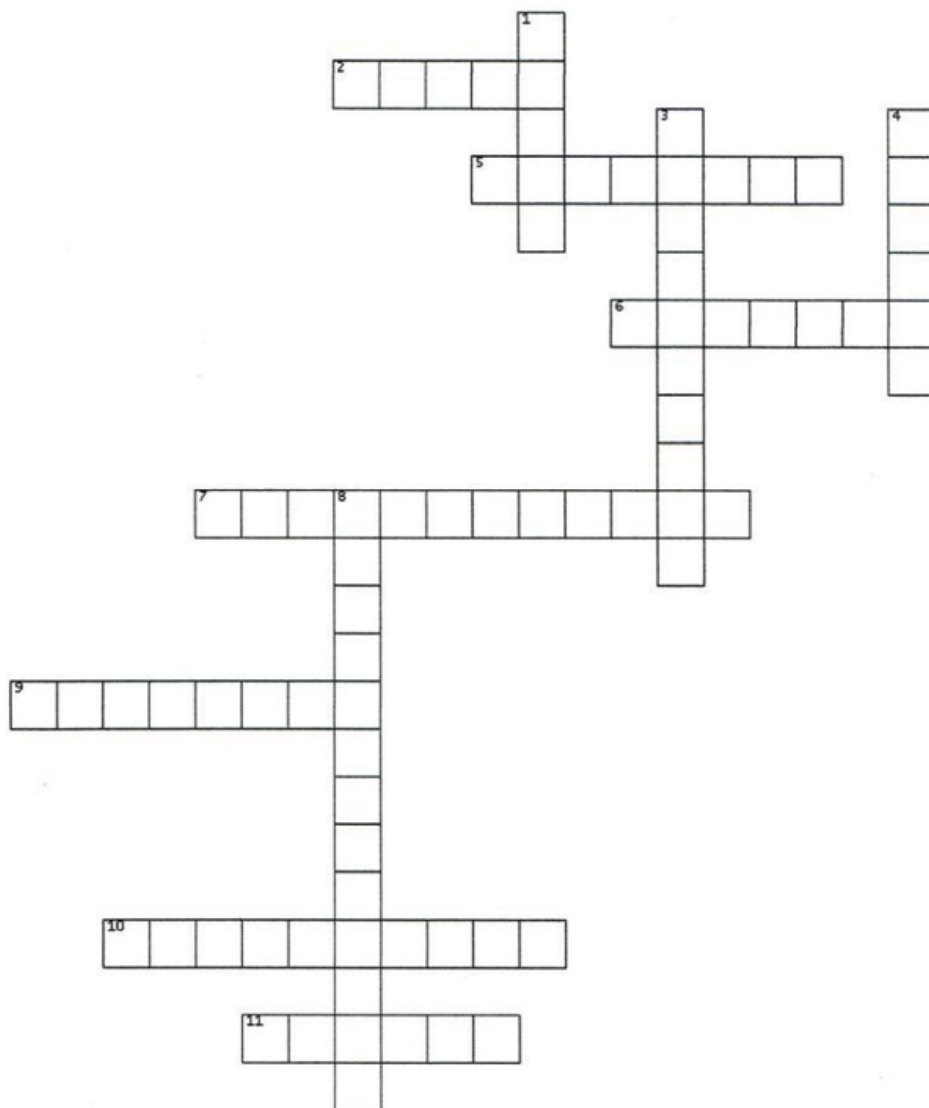
IF YOU COULD SPREAD AWARENESS ABOUT ONE THING REGARDING CEREBRAL PALSY, WHAT WOULD IT BE?

Even though I can't move some of my muscles like everyone else, I don't let it discourage me. I like to stay focused on my goals. I have a helper to assist me in my everyday tasks such as attending regular doctor's visits at least four times a year and going to the store with me. I continue to be optimistic about life. I love life and I want to accomplish my dream of becoming a Child Life Specialist. I received my associate's degree in child development, and I want to pursue the Child Life Specialist program at Cal State LA.



Crossword

Cerebral Palsy



Across

2. Cerebral palsy affects movement and _____ control
5. A form of bilateral cerebral palsy where both legs are affected
6. The most common form of cerebral palsy caused by damage to the motor cortex
7. A form of bilateral cerebral palsy where both arms and legs are affected
9. _____ palsy is a neurological disorder caused by a non-progressive brain injury or malformation
10. Least common form of cerebral palsy. Characterized by involuntary movements and caused by damage to the basal ganglia
11. Cerebral Palsy that causes problems with balance and coordination. It is primarily caused by damage to the cerebellum

DOWN

1. Cerebral palsy is damage to the _____ that cannot be fixed
3. A form of unilateral cerebral palsy where one side of the body is affected
4. A _____ therapist can provide swallowing exercises to prevent food and fluids from falling
8. _____ screening is given to see if the child has specific delays

Email completed crosswords to
 csulacomd@gmail.com by **March 31st**

Diversity, Equity, and Inclusion

DISABILITY (NOT INABILITY) & CULTURE

CULTURE IS A SHARED SYSTEM OF VALUES, NORMS, TRADITIONS, HISTORY, BEHAVIOR PRACTICES, AND BELIEFS BY A GROUP OF PEOPLE

DISABILITY IS A CULTURE AND PART OF THE IDENTITY OF THE INDIVIDUAL

THE CULTURE OF DISABILITY HAS A WIDE VARIETY OF HISTORY, BELIEFS, AND PRACTICES. IT IS BASED ON HOW INDIVIDUALS LIVE WITH THEIR DISABILITY, HOW THEY EXPRESS THEMSELVES, AND HOW THEY FUNCTION AS A COMMUNITY WITHIN THEIR SOCIETY.

Cultural Considerations when Working with Disabilities

DIFFERENT CULTURES VIEW DISABILITY DIFFERENTLY, WHICH MAY AFFECT:

- CULTURAL UNDERSTANDING ON WHAT CAUSES THE IMPAIRMENT OR DEFICIT
- THE HELP THEY SEEK OR REACTION TO YOUR CLINICAL EXPERTISE
- THE AMOUNT OF INFORMATION YOU FIND DURING RESEARCH

ACKNOWLEDGE ALL CULTURAL INFLUENCES (I.E., RACE, ETHNICITY, RELIGION) AND THE TYPE OF CULTURE OR SOCIETY THEY COME FROM (I.E., COLLECTIVIST VERSUS INDIVIDUALISTIC OR GENDER ROLES)

ALTHOUGH WE ARE OFTEN ENCOURAGED TO USE PERSON-FIRST LANGUAGE, IT IS BEST TO ASK THEM HOW THEY WOULD LIKE TO BE ADDRESSED

Remember

DO YOUR RESEARCH AND REVIEW RELEVANT LITERATURE

COLLABORATE WITH THE FAMILY AND THEIR VALUES

REACH OUT TO A MENTOR OR PEER

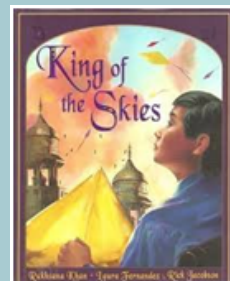
GAIN ACCESS TO AN INTERPRETER

CULTURAL & LINGUISTIC REPRESENTATION MATTERS IN THE MATERIALS USED. HERE ARE SOME THINGS TO CONSIDER:

- PHOTO CARDS THAT ARE REPRESENTATIVE OF THE CULTURE AT [HTTPS://AFFECTTHEVERB.COM/](https://affecttheverb.com/)
- CHILDREN'S BOOKS INCLUDING DIVERSE CHARACTERS WITH CEREBRAL PALSY
- PROVIDE PARENT INFORMATIONAL HANDOUTS IN THE PRIMARY LANGUAGE

References and Resources

- mydiversability.com
- *Considering the Culture of Disability in Cultural Competence Education* by Eddey, G.E., MD & Robey, K.L., PhD



GRAD SCHOOL **zoom** INTERVIEW TIPS



CHOOSE YOUR SETTING

MAKE SURE YOU CHOOSE SOMEPLACE QUIET, WHERE YOU'RE UNLIKELY TO BE INTERRUPTED AND YOU HAVE EVERYTHING YOU NEED, INCLUDING GOOD INTERNET CONNECTION.

ELIMINATE DISTRACTIONS

IN ADDITION TO TAKING DOWN UNPROFESSIONAL-LOOKING DECORATIONS BEHIND YOU, MAKE SURE YOU ELIMINATE ANY POTENTIAL DISTRACTIONS THAT COULD DISRUPT YOUR INTERVIEW. FIGURE OUT WHAT TO DO WITH YOUR PETS! ALTHOUGH THE INTERVIEWER MIGHT BE AN ANIMAL PERSON, IF YOUR DOG DECIDES TO BARK, IT MAY IMPACT THE QUALITY OF YOUR CONVERSATIONS.

LOOK PRESENTABLE

AVOID THE TEMPTATION TO DRESS COMFY. INSTEAD, DRESS AS YOU WOULD IF THIS WERE AN IN-PERSON INTERVIEW.

COMMUNICATE CLEARLY

ENUNCIATE CLEARLY AND SPEAK SLOWLY ENOUGH THAT YOUR INTERVIEWERS CAN CATCH EVERYTHING YOU'RE TRYING TO SAY. ASIDE FROM SPEECH, MAKE SURE TO LOOK IN THE RIGHT DIRECTION. IT MAY BE TEMPTING TO STARE AT YOUR SCREEN THE WHOLE TIME SINCE THAT IS WHERE YOUR INTERVIEWER WILL APPEAR. HOWEVER, TRY TO LOOK AT YOUR CAMERA SO THAT THE INTERVIEWER WILL FEEL AS IF THEY ARE MAKING EYE CONTACT WITH YOU.

TAKE TIME TO BREATHE

REMEMBER WHY YOU LOVE THIS FIELD AND DON'T LOSE SIGHT OF WHY YOU ARE APPLYING TO GRAD SCHOOL.

ANNOUNCEMENTS

2nd General NSSLHA Meeting

When: March 5 7 PM **Where:** Zoom

Meeting ID: 898 9138 7579 **Passcode:** 452908

Diversity, Equity, And Inclusion: Safe Space Convos

What: An inclusive space for students who identify as a minority (or underrepresented person) to share personal experiences, insights, and strategies to navigate the classroom and beyond in the field of communication disorders

Where: Peer Mentoring Zoom Room (see below)

When: Every other Thurs 4:45-6 PM starting Feb 18

This is an INCLUSIVE space. EVERYONE is welcome (NSSLHA membership not required). See NSSLHA website for details!

Convergence 2021 with CSHA

What: Convergence 2021 will feature high-quality content including convention courses, networking events, a keynote session, and awards

When: March 11-14

Where: Zoom! Links will become available.

Registration link (members): https://cvent.me/9aodOk?rt=-6_rDsRkDk2tISdivn0n5A&RefId=Member

Registration link (nonmembers): https://cvent.me/d47m8B?rt=E05dp2RRt0e2oEsulxA_dQ&RefId=Non-Member

Please visit CSHA website for more information: <https://www.csha.org/education/convergence/>

Peer Mentoring

When: Tues/Thurs 10 AM-12 PM **Where:** Zoom **Meeting ID:** 827 2316 1692
Passcode: 184026

When: Tues/Wed/Thurs 4-6 PM **Where:** Zoom **Meeting ID:** 862 1338 4919
Passcode: 156571

When: Fri 12-1 PM **Where:** Zoom **Meeting ID:** 870 7485 9678
Passcode: 48657

To stay updated on announcements, visit us at <https://www.csulansslha.com/>

NSSLHA POINTS

The official breakdown of how to earn NSSLHA points in 2021



Color/Label Activities	5 PTS
COMD Book Club Meetings	5 PTS
Tutoring Weekly Reflections	10 PTS
Merch Mondays	5 PTS (20 PTS MAX)
General Meetings	25 PTS
Crossword Puzzles	5 PTS
Grad Application Workshop	20 PTS
Annual COMD Symposium	6 PTS/ SPEAKER
Peer Mentoring	2 PTS/HR
Volunteering	VARIES

REMEMBER

To receive NSSLHA cords for graduation, NSSLHA members need to earn 75 points for two consecutive semesters

To receive points for completing your crossword, you must email it to csulacomd@gmail.com

Want to check your current totals?
Visit our website at <https://www.csulansslha.com/>