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Fall 2012

## Let's Talk Speech! Volume 6 Issue 1

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Fall 2012

**Special points of interest:**

- **Plan for our next year's yoga retreat!**
- **Deadline for the contest for graduate students is January 28, 2013.**
- **Check the upcoming programs for continuing education.**
- **Join us to help families in need.**
- **Join NSSLHA**

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# Let's Talk Speech!

## A Message from Dr. Schmidt

The fall 2012 semester has been a memorable one. Faculty, staff and students experienced the destruction of **Hurricane Sandy**. Powerless, cold and sometimes feeling isolated, the Molloy community pulled together to assist those in need in the aftermath of the storm. Though many of our own suffered great personal losses, we are grateful for the resilient spirit of the Community as everyone completes the semester with a positive attitude.

Despite the devastation that was left in the wake of Hurricane Sandy, we have many things to be grateful for and many positive things have transpired over the past 6 months.

First, Molloy College **Speech-Language and Hearing Center** thrives. We are open 6 days a week and are serving 50+ families. Our summer 2012 facility expansion



resulted in additional treatment rooms, as well as a dedicated classroom/computer lab for the SLP program. Professor Alimonti, the Speech Center Director, recruits a diverse client population across the life-span and she has established numerous community affiliations, offered workshops and organized complimentary speech and language screenings for the community. We look forward to many new programs at the Speech Cen-

ter in the upcoming semester.

Second, the Speech-Language Pathology (SLP) program is again offering a **Global Learning Program to Ireland in January 2013**. This program provides an opportunity for students and faculty to share travel and time together, while exploring cultural and linguistic diversity.

Third, the SLP alums, students, faculty and administration joined together in celebration at our 2nd annual **Rising Star Scholarship Fund-raiser Cocktail Party**. With approximately 70 people in attendance, the party was a huge success.

As you can see, we have much to be grateful for. We are in the midst of a productive year here in the SLP department. **Thanks to the faculty, administrators, and staff** who contribute to the success of the Department!

## News and Events



On October 26, 2012 the faculty of the Speech-Language Pathology Department held a **Department Poster Session**, where research was presented to the undergraduate and graduate students. Each faculty member presented research in their area of expertise, in order to expose students to research notions rele-

vant to their course of study. The students had the opportunity to ask questions and discuss the concepts presented.

**Dr. Nancy S. McGarr** and **Professor Rebekah Buccheri** attended the Cochlear Americas Conference in Valhalla, New York on "**What Children With Cochlear Implants Need At School**". Over 220,000 people world-wide have received cochlear implants which provide an auditory experience for infants, children and adults diagnosed with severe-profound sensorineural hearing loss.

**Dr. Barbara T. Schmidt** attended the annual conven-

tion of the American Speech-Language-Hearing Association where she presented, **Improved Writing Skills in College Students: A College-Wide Plan**. Additionally, **Professor Susan Alimonti** and **Dr. Barbara Schmidt** presented a poster, **Healthy Management of Perceived Student**.





*"It is what one learns from those 60 minutes; their reactions, and attitudes—this constructs character" - Andina Magliocchi*



## Yoga Retreat **By Andina Magliocchi**

"Today I will..." this is the first topic starter Dr. Barbara Schmidt instructed us to write about in the new stiff spine journals we were given. The entire group was motivated to write about our experiences that weekend, as well as use this tool as an outlet for self-expression, woes, and opinions on matters. The beginning of the semester Molloy's Speech-Language Pathology program offered the students a yoga retreat located on a beautiful organic farm. The large, old, brick house that was once a schoolhouse was warm, welcoming, and mysteriously uncanny. Our intimate group of eight, as well as our personal yoga instructor from Yoga Long Beach, packed up the Molloy shuttle for a two-day trip and an approximate total of six hours of yoga.

Yoga took place upon our arrival and there was no messing around. Through the diligent instruction of Flor, our yoga instructor, we used muscles we didn't know we had and bent limbs in ways we didn't know were possible. Flor showed us different breathing techniques and provided nutritional tips. Her kale salad was colorful and tasty! We tried to pack healthy snacks and choices for the weekend, but the trip would not have been complete without a few almond joys!

The good: relaxation, beautiful weather, and sun dried tomato hummus. The bad: a large tree blocking the path in the woods during an inspirational nature hike. The ugly: the ever so bittersweet attempt to walk to next day after salamba sirsasana, AKA, the supported headstand and standing split. While overcoming not only physical hurdles that weekend, we addressed some mental one as

well. As speech-language pathology students and professors, it is difficult to just slow down. Life is always go, go, go; but it is vital to take a step back from the hustle and bustle, and reflect. The busy life of an SLP can come with stress and anxiety. We discussed ways to combat stress, combative strategies to stress were discussed. For example, journaling is a great way to express feelings and organize thoughts. It was decided that exercise may provide an outlet for stress, or implementing a personal way to stay organized.

Stress management is not a one size fits all model, everyone has different needs, and thus, manipulations must be made for each personality. Our group decided one thing is for sure — **be here now**. Morris Mandel had said, "The darkest hour has only 60 minutes." **It is what one learns from those 60 minutes; their reactions, and attitudes—this constructs character.**

**It is important to be present in the moment.** One needs to plan and study, but to worry about something that hasn't yet happen isn't the answer. It is key to adjust our expectations of others, for this can change the way one feels and react to a situation. Trust me, this adjustment is great in handling stress—being in a major full of young ladies can get hectic! I wish I had the mindset of understanding other's action before I went away to school and lived with eight girls!

During one of our discussions, we explored an essential human emotion: empathy, which is the capacity to recognize the feelings of others. The ability to practice the feeling of empathy will help individuals as professionals, students,

friends, daughters and even girlfriends. The eight of us participated in an exercise where we wrote our fears on a piece of paper, folded it, and placed the paper into a hat. One by one we picked the paper out the hat and roleplayed in our own words how we related to one another's fear. The exercise was eye opening and facilitated the realization that others may have very similar fears and that through empathy it makes it easier to understand the actions and thoughts of others.

The weekend couldn't have come at a better time, just as my final year about to begin and I know I will have to implement the tools I have learned now more than ever. It was a unique experience to have with my peers and I would recommend the continuation of this event for next fall. As I previously mentioned, Dr. Schmidt had asked us to finish the sentence, "Today I will..." I had written, "catch my breath and breathe." As you finish reading this article, I ask you to finish the sentence, and try to live in the moment. Namaste.



*"Spzecz is power; spzecz is to prrsuadz, to convzrt, to compzr!"  
-Ralph Waldo Emerson*

## Chronicles of a graduate student's externship

By: Dianna Geneva

This semester I began my clinical externship at Jamaica Hospital Medical Center. Just as most do when embarking on a new experience, I was nervous. Very nervous. The anxiety fueled questions racing through my mind in the weeks before I began. Did I have enough knowledge to start working with adults? Should I have paid a little more attention during psycholinguistics class? Will my supervisor like me? And the question taunting me most; was I even going to be able to navigate the LIRR and subway to make it to Jamaica Hospital?

Now, after about 2 months of experience my questions have been answered. Turns out, I did have enough theory and knowledge to begin working with the adult population. I had a framework of knowledge regarding the disorders I was being exposed to and was able to make connections between things I had learned in class and the patient's that I was treating. My past five years studying speech pathology at

Molloy have prepared me to ask relevant questions and know where to look to find the answers. I do not think I would have ever been able to describe a non-fluent aphasic as well as I now can after treating one. I do not think I could have foreseen all the ethical dilemmas that might occur in our field regardless of all the conversations held in my professional ethics class. Modified barium swallow studies are still a little scary, but at least I now know what structures I'm looking at (and have a pretty good idea of where food should or should not be)!

Every day I attend the externship I know I'm bound to learn something new. I've learned how to administer a cognitive evaluation. I've learned what Central Pontine Myelinolysis is. I've learned treatment techniques for dysarthric patients and I've learned how to counsel patients and their families during difficult times. I feel fortunate to have experienced all I have through this placement and I

look forward to continuing to gain experience.

Since starting my externship at Jamaica Hospital, the somewhat irrational questions that once raced through my head have been answered. My nerves have calmed and I've even gained a little bit of confidence. I am looking forward to my remaining months at Jamaica Hospital. I am cherishing my last year as a graduate student and look forward to the experiences of the future.



## A Contest for our Graduate Students!

One of our graduate students will have the opportunity to attend the "Level 1: Introduction to PROMPT Technique" training, hosted by Molloy this April free of charge. The free spot in this three day course will be made available to a graduate student based on the writing of a short research paper. The paper will be on the efficacy of motor based speech production therapy techniques. Rules and guidelines are as follow:

1. All interested students will review research on the efficacy of motor based therapies, such as, but not limited to, PROMPT.
2. Research must be from scholarly, peer reviewed journals.
3. The paper, a literature review supplemented with the writer's analysis of the information, must be 3-5 pages in length and in APA format.
4. Papers are due by midnight, Monday January 28, 2013.
5. Papers will be submitted using an identifying number assigned by the Speech Center director.
6. Papers will be reviewed by practicing speech-language pathologists, unfamiliar with the student's individual writing styles.
7. The reviewers will choose a winner and inform the Speech Center director of the winner's number.
8. The Speech Center director will match the number to the name and the winner will be notified by Friday February 15, 2013.

We wish everyone good luck!



## Welcome to our student worker

Welcome to **Stephanie DiGrazia** who is currently working in the department as our student worker. A freshman at Molloy, Stephanie is studying Speech-Language Pathology.



## Students Participate at Autism Walk

Each year Molloy College offers community resource information at the Austim Speaks sponsored Autism Walk held in October at Jones Beach. In addition to offering information, undergraduate students, under the guidance of Professor Alimonti, organized activities for children at the Walk. These creative activities provided hands on stimulation for children of all ages and skill levels.





**"Generosity lies less in giving much than in giving at the right moment"**

- Jean De La Brujère

## Continuing Education News

Molloy continues to plan and provide continuing education programs offered for ASHA CEUs. Additionally, we are pleased to host and/or provide programs cooperatively with other ASHA approved providers.

Due to the effects of Hurricane Sandy, our program "Practical Therapeutic Intervention for Children with Motor Speech Disorders" originally scheduled for Friday, November 2, 2012, was cancelled. The program has been rescheduled for Friday, January 25, 2013 and will be held in the Multi Purpose Room of the Public Square building. Check in and continental breakfast will begin at 8:15 AM. There are a limited number of seats still available for this fabulous program which will be presented by Jennifer Shapiro and Tracey Delio.

## Speech Center News

It has been a very busy semester at The Molloy College Speech, Language and Hearing Center. Both students and staff have been working hard to provide a wide range of services to a varied population throughout the week and on Saturdays. Make-ups were cancelled during the recent power outages and gas shortage.

In addition to our on-site services, the provision of speech-language screenings to all new entrants in Nassau County's local Head Start programs is progressing. While Hurricane Sandy temporarily shut down some of those programs and slowed us briefly, appointments are again being scheduled and our commitment to serving the community is ongoing. We expect Head Start services to continue through the intersession and into the spring.

In addition to the Head Start screenings, we have additional service projects as well.

Additional upcoming programs include:

- **Speech and Language Evaluations and Ongoing Assessment: Quantifying Subjective Measures**  
March 6, 2013  
6:30–9:15 PM  
Janet Ann Lee, MA, CCC-SLP will present on the use of free and low-cost technology to quantify subjective measures during speech-language evaluation and therapy. Participants are encouraged to bring their personal laptops to this hands-on training and will be provided with instructions for downloading the free software prior to the course date.
- **PROMPT Study Groups**  
PROMPT study groups are facilitated by two Certified PROMPT Instructors, Jenni-

fer Shapiro, MS, CCC-SLP and Tracy Delio, MA, CCC-SLP. Study groups are interactive and review PROMPT techniques and principles. Participants are encouraged to bring video of current clients to review and all participants receive a certificate of attendance. Please contact the Molloy College Speech, Language and Hearing Center to register in advance. \$20 fee payable on the course dates which are currently TBA.

Further information and registration for the January 25th and March 6th programs are available through Molloy College's Office of Continuing Education. Online registration is available at [www.molloy.edu/ce](http://www.molloy.edu/ce). Registrations can also be taken by phone at 516-678-5000, Ext. 6206.

First, we again offered complimentary speech-language and hearing screenings to both adults and children in the community on November 30th and December 1st.

Last, but certainly not least, we are organizing a service project to help families who suffered extensive loss resulting from the hurricane. As a group, both employees and students in The Speech-Language Pathology Department are incredibly grateful for our blessings and the fact that we are healthy and safe after the storm. We know that many people, including some of our speech center's families lost their homes and we would like to help them in whatever way possible. The department will collect donations at the speech center beginning December and continuing at least through January. All donations will be distributed by SLP staff and students to families still experiencing distress. We will try to target those areas receiving the least assistance from

other resources. The items to be collected are soap, baby wipes, diapers, hand sanitizers, Lysol/Clorox wipes, small gift cards, children's toys. We thank you in advance for any contribution that you can make.

Treatment calendars for the spring and summer of 2013 will be available soon. Please contact us via the Molloy website, at [slhc@molloy.edu](mailto:slhc@molloy.edu) or 516-442-1211, or "like" us on Facebook for additional information about any of the aforementioned services or projects.



**Focus on Faculty**



**Professor Rebekah Buccheri**, a doctoral candidate in the Speech-Language and Hearing Science Program at The Graduate Center, The City University of New York, has been a certified speech-language pathologist since 2006. She earned her master's degree at St. John's University, where she worked as a research assistant for Dr. Nancy Colodny. She has worked with

individuals across the life span. Her research interests are the area of speech production and treatment techniques. Professor Buccheri is currently examining the effects of clear speech vs. slowing instructions on vowel space area in speech of individuals with Parkinson's disease. Welcome Professor Buccheri!



**Clinical Educator in the Limelight**

**Professor Elizabeth Sorrentino** has been working in the Molloy College Speech, Language and Hearing Center as a Clinical Educator. She earned her BA and MS degrees at Adelphi University, where she excelled. Professor Sorrentino has worked at Crossroads School for Child Development since 2009, where she evaluates and treats children 18 months–5 years old. In addition to

her many clinical responsibilities, she also coordinates the center based early intervention services. Elizabeth is a dynamic clinician who makes herself available to students so that they are able to have an optimal learning experience. It is great to have her here at Molloy College.



*The Graduate SLP program admitted 19 students for fall 2012 from 16 different undergraduate programs.*

**Spotlight on a senior: Jessica Eberhardt**



**Jessica Eberhardt** came to Molloy College as a freshman from Kellenberg Memorial High School.

The Captain of the Cross Country/Track Team, Jessica reports that she has had a great

experience at Molloy.

She thinks that one of the most important features of the College is that it offers small classes and personalized attention. Jessica decided on speech-language pathology as her field of study because she knew that she loved science and wanted a flexible career that allowed her to help people. She has begun doing her clinical practicum in the

Molloy Speech-Language and Hearing Center and remains convinced that this is a rewarding profession. Jessica indicates, "...that people tend to take the ability to communicate for granted..." and indicates that they do not realized the impact that a communication deficit has on an individual and their family. Jessica intends on applying to graduate school in the NY metropolitan area.



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## Rising Star Scholarship Fund



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*Become a fan of Molloy College Speech Pathology and Molloy College Speech, Language and Hearing Center on Facebook!*

**We're on the web!**

<http://www.molloy.edu>

The Rising Star Scholarship Fund was established in 2011. This scholarship is intended to provide recognition to a junior student each year who excels in the study of human communication and disorders of communication. Fund raising efforts will be ongoing in the hopes that the fund will grow and therefore be able to provide a token of recognition to a deserving student for many years to come. We hope to see you at our next event!

Send donations to:

### Rising Star Scholarship

Speech-Language Pathology Department  
1000 Hempstead Avenue  
P.O. Box 5002, W107  
Rockville Centre, NY 11571-5002

## NSSLHA By: Lisamarie Ricigliano



You may ask, "How can NSSLHA top last year's accomplishments...Club of the Year and Gold Recognition?" In October, NSSLHA was asked to participate in a VIP ribbon cutting ceremony at the start line of Jones Beach's Autism Speaks walk. We fundraised over \$9,000 for the third consecutive year and proudly walked alongside community members.



After weeks of preparation, the final ribbon was curled on baskets for the now traditional Cocktail party Scholarship Fundraising event. NSSLHA members sold raffles and announced names of our peers and professors as they excitedly surrounded the podium with fingers crossed for the basket (s) of their choice. This year's Cocktail Party was yet another night that left behind memories, as well as a legacy, as the Rising Star Scholarship expands.



Armed with over 100 chocolate mustache-shaped lollipops, we set out around cam-

pus to raise awareness and funds for men's cancer research, matching every dollar that was raised. From that point on, the campus saw us as not only business, but a group with a great sense of humor.

Our students are more than just fundraisers, we are advocates on the national level. With 2012 being an election year, we filled the Public Square lobby with red, white and blue, and encouraged non-registered students to get informed and register to vote.

An exciting October came to a screeching halt as Hurricane Sandy ravished our shores and disrupted the academic calendar, but NSSLHA members didn't miss a beat. Students and professors gathered at various relief areas to distribute necessary cleaning and hygiene supplies to those most affected by Sandy.

As the semester ends, we are looking forward to returning in January with rested minds and fresh ideas!

Stay tuned while we anxiously await NSSLHA's December Newsletter to see if Molloy College has won the title of Chapter of the Year! Win or lose we are beyond proud to have this prestigious nomination and to be in the same category as large universities. Let us continue to put Molloy College on the map!

The NSSLHA Chapter at Molloy College serves an organization for all those interested in the Speech-Language Pathology and Audiology major on both the undergraduate and graduate level. Our chapter fundraises and participates in events that benefit the community. Other benefits of being part of the Molloy College NSSLHA chapter include meeting fellow students in your major and learning more about the profession. If you are interested in joining NSSLHA, please contact [LRicigliano08@lions.molloy.edu](mailto:LRicigliano08@lions.molloy.edu).