
MARCH NEWSLETTER



Creative Speech Solutions LLC
PEDIATRIC THERAPY CENTER

March 2023 Highlighted Information:

1. Camp PAL 2023 Information
 2. March is...
 3. St. Patrick's Day Occupational Therapy At Home Activities
 4. Local March Activities
 5. Sensory Celebration at Van Vleck House and Gardens
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MARCH



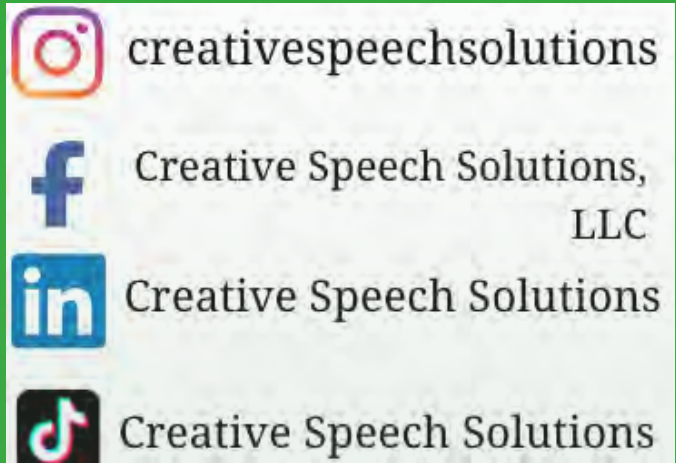
Office Addresses & Information:

SUMMIT OFFICE:
151 SUMMIT AVENUE,
SUMMIT, NJ 07901

MONTCLAIR OFFICE:
198 BELLEVUE AVENUE,
MONTCLAIR, NJ 07043

CONTACT INFORMATION:
P: (908)-598-0228
[WEBSITE](#)

**BE SURE TO FOLLOW US ON SOCIAL MEDIA
FOR WEEKLY UPDATES AND NEWS!**



Camp PAL

2023



Registration will open on Monday, March 6, 2023!



New this year!

Camp PAL Registration is
ONLINE this year!

Camp PAL Dates/Information:

- July 11–August 17
- Tuesdays, Wednesdays, and Thursdays
- 1:30–4:30 PM
- Southern Boulevard Elementary School, Chatham NJ



Theme: Adventure Awaits!

**The Adventure Awaits at Camp PAL!
We can't wait for Summer 2023!**

March is...

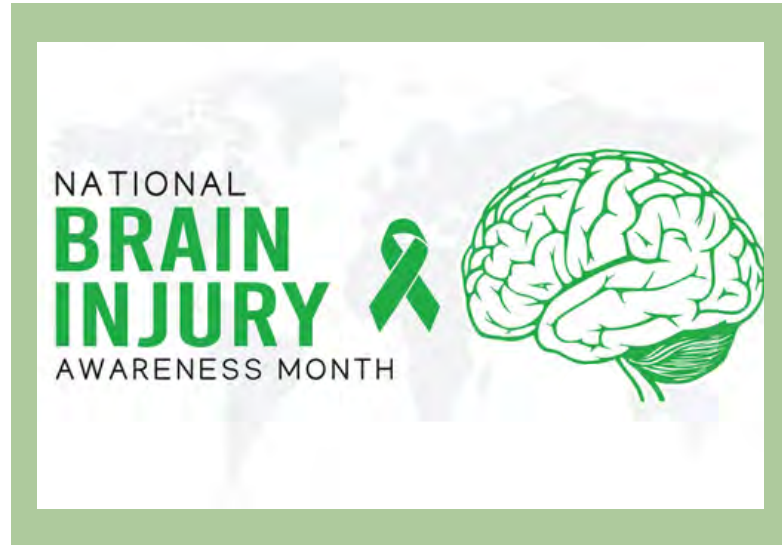


Developmental Disabilities Awareness Month

Developmental Disabilities Awareness month is dedicated to help: "increase public awareness of the needs and the potential of Americans with developmental disabilities and to provide the encouragement and opportunities they need to live productive lives and to achieve their full potential."

The CDC defines developmental disabilities as impairments in physical, learning, language, or behavior areas.

This includes: Autism Spectrum Disorders, Cerebral Palsy, ADD/ADHD, Learning or intellectual disabilities, Hearing loss, Vision impairment, and other developmental delays.
(CDC, 2019).



Brain Injury Awareness Month

In the U.S. there are more than 5.3 million individuals who are living with a permanent brain injury-related disability. At least 2.8 Americans sustain traumatic brain injuries in the U.S. every year. This month allows communities to raise awareness and advocate for causes they care about!

Types of Brain Injury:

Acquired Brain Injury (ABI)

Traumatic Brain Injury (TBI)

(Brain Injury Association of America)



Cerebral Palsy Awareness Month

During the month of March, individuals wear green to reflect on growth, and hope for advancements in acceptance and treatment!

- CP is caused by abnormal development or damage to the parts of the brain that control movement, balance and posture.
- CP is the most common motor disorder and the second-most common disability found in children.

The goals are to increase awareness:

- Of what cerebral palsy actually is and for the critical need for cerebral palsy research funding for prevention, treatment and cure research.
- That cerebral palsy is not a disease - it is the most common motor disability in children.

(PRC-Saltillo)



Women's History Month

During this month, we celebrate the contributions to history, society, and different cultures of women.

We dedicate this month to reflect on the contributions of many different women in U.S. History.

The Women's History Month Theme for 2023 is: "Celebrating Women Who Tell Our Stories." This theme recognizes "women, past and present, who have been active in all forms of media and storytelling including print, radio, TV, stage, screen, blogs, podcasts, news, and social media."

(History Channel)

St. Patrick's Day Occupational Therapy Activities

March may bring spring but it can be a cool and rainy month! Check out these easy AT-HOME St. Patrick's Day OT activities to work on those fine motor skills, sensory processing, visual perceptual skills, and even more!



For instructions and supplies, visit:

1. <https://themanylittlejoys.com/leprechaun-gold-hunt-st-patricks-day-alphabet-sensory-bin/>
2. <https://www.giftofcuriosity.com/magic-fizzing-shamrocks-st-patricks-activity/>
3. <https://thechirpingmoms.com/st-patricks-day-sensory-bin/>
4. <https://theresjustonemommy.com/st-patricks-day-shamrock-suncatcher/>



Local March Activities



The Cat in the Hat

When: March 5, 2023 - 1:30 pm & 4:30 pm (sensory-friendly performance!)

Where: Mayo Performing Arts Center
100 South Street, Morristown NJ 07960

Cost: \$12 - \$15

"A boring, rainy afternoon turns into an amazing, mischievous and hilarious adventure when The Cat in the Hat comes calling."

For more information and to buy tickets, please visit:

<https://secure.mayoarts.org/17156>

Sensory Friendly Reptile Show

When: March 9, 2023 from 5-6 pm

Where: Bierman Autism Centers in Berkeley Heights
550 Springfield Ave, Berkeley Heights NJ 07922

Cost: FREE

"Get hands-on with lizards, turtles, and snakes as you learn about their incredible world. Savor a snack and immerse yourself in the sights and sounds of these fascinating creatures."

For more information please visit:

<https://www.facebook.com/events/957356731913631>

Union County St. Patricks Day Parade

When: March 11, 2023 from 12-2 pm

Where: Union, NJ


The St. Patricks Day Parade in Union starts on Morris Avenue and along Commerce and Jeanette Avenues. The parade ends at Roosevelt Avenue.

Cost: FREE

Enjoy the "kids zone" fun for all ages on Stuyvesant Ave (Just off of Morris Ave)

For more information please visit:

<http://unioncountystpatricksdayparade.com/>



You're invited to a

Sensory Celebration

at Van Vleck House & Gardens

Saturday, April 1st

1:00 PM - 4:00 PM



In recognition of Autism Awareness Month, this event invites you to explore the Van Vleck Gardens using your senses as your guide. Activity stations throughout the gardens are self-paced, optional and focus on using our senses to discover nature through art, movement, literature, planting and exploration walks. This outdoor family program is an inclusive event, open to people of all ages and abilities and will be held entirely outdoors.

Also joining us:

Laura Marchese

Movement and Nature Connections

Eyes of the Wild

Live Animal Exhibit

**Cornerstone Montclair &
The General Store**

Popcorn for the People

Montclair Art Museum

Registration Required.

Visit website for details. \$10/family for members, \$15/family for non-members



Sponsored by:

Emer Featherstone &



Event Supporters & Donations:

Brenda Bingham

Kathy and John Wessling



The Montclair Foundation/Van Vleck House & Gardens 21 Van Vleck St., Montclair NJ 07042

www.montclairfoundation.org/event/sensory-celebration-2023 - For more information contact: michellew@montclairfoundation.org



Van Vleck House & Gardens is owned by The Montclair Foundation, a 501(c)(3) organization supporting non-profits in our community.