

ASLS Family Support Monthly Newsletter



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FEBRUARY

What is Spastic Diplegia?

FEBRUARY, 2012

Spastic Diplegia historically known as **Little's Disease**, is a form of Cerebral Palsy (CP) that is a neuro-muscular condition of hypertonia and spasticity in the muscles of the lower extremities of the human body, usually those of the legs, hips and pelvis.

Background - Spastic diplegia's particular type of brain damage inhibits the proper development of upper motor neuron function, impacting the motor cortex, the basal ganglia and corticospinal tract. Nerve receptors in the spine leading to affected muscles become unable to properly absorb gamma amino butyric acid (GABA), the amino acid that regulates muscle tone in humans. Without GABA absorption to those particular nerve rootlets affected nerves perpetually fire the message for their corresponding muscles to permanently, rigid contract, and the muscles become permanently hypertonic.

No type of CP is progressive and spastic diplegia does not clinically "get worse". Individuals with spastic diplegia are very tight and stiff and must work very hard to successfully resist and "push through" the extra tightness they experience. Other than this, these individuals are almost always

normal in every significant clinical sense. When they are younger, spastic diplegia individuals typically undergo gait analysis so that their clinicians can determine the best assistive devices for them, if any are necessary, such as a walker or crutches. In general, lower-extremity spastic diplegia is rarely so great as to prevent ambulation most people with the condition can walk, and can do so with at least a basic amount of stability. However, from case to case, steeply varying degrees of imbalance, potential tripping over uneven terrain while walking, or needing to hold on to various surfaces or walls in certain circumstances to keep upright.

Treatment - As a matter of everyday maintenance, muscle stretching, range of motion exercises, yoga, contact improvisation, modern dance, resistance training, and other physical activity regiments are often utilized by those with spastic CP to help prevent contractures and reduce the severity of symptoms.

UPCOMING EVENTS

- **TIME & STRESS MANAGEMENT**
- **MENTAL HEALTH FIRST AID**
- **FRENCH VALENTINE'S COOKING CLASS**
- **ABUSE PROTOCOL TRAINING**
- **FAMILY FUN DAY**
- **FREE PUBLIC SKATING**
- **FREE INDOOR WALKING PROGRAM**

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ASLS Family Support

Upcoming Training/Family Fun Day

The Following Courses are being offered in Fairview Please call 780-835-6618 to register.

Time & Stress Management—In Fairview

We rarely feel as if we have the time to get everything we would like accomplished. Learn how to cope with not enough hours in the day.

Wednesday, February 22, 1-4 p.m. No Fee but must register at: 780-835-6618

Mental Health First Aid-In Fairview

Learn how to help someone who is developing a mental health problem or experiencing a mental health crisis. Recognize signs & symptoms, provide initial help & guide the person towards appropriate professional help.

Wednesday/Thursday, Feb 9 & 10, 9:30-4:30 p.m.

French Valentine's Cooking class-Fairview

A culinary adventure that your taste buds will remember! Space is limited. Gavin Young, Custom Catering & Fine Dining

Saturday, February 4th, 1-4 p.m. or 6-9 p.m. Fee: \$60

Abuse Protocol Training at the Grimshaw ASLS Office , February 15th, 2011,

from 9:00 a.m.—4:00 p.m.

Come and learn about Abuse Prevention and Response Protocol, e.g context for addressing abuse, focus on prevention, response & reporting.

Peace Parent Link is holding a Family Fun Day on Feb 20th, 10 a.m.—2 p.m

There will be outdoor games, indoor crafts, activities and **FREE** lunch.



Happy Valentines Day!



Chocolate Covered Strawberries

16 ounces milk chocolate chips

2 tbsp. shortening

1 lb. fresh strawberries

Directions:

1. Insert toothpicks into the tops of the strawberries.
2. In a double-boiler, melt the chocolate & shortening, stirring occasionally until smooth, holding them by the toothpicks dip the strawberries into chocolate mixture.
3. Turn the strawberries upside down & insert the toothpick into Styrofoam for chocolate to cool. When cool place on fancy dish and serve. Enjoy!!!

Dealing with Anger & Aggression (from Maggie Reigh)

The key to helping children deal with aggression & anger is to remain calm & look past the behavior to the underlying feelings that generate the behavior.

Allow appropriate and safe release of the anger, & use empathic listening to acknowledge and release underlying emotions.

Help children understand that they are not "bad" because they have "bad" feel-



ings.

Feelings are separate from behavior. All feelings are okay.

Aggressive & hostile behavior towards others is not okay.

Teach your child to release anger & to do what they can do about the situation, focusing on their true power, "What will I do?" From the Book: 9 Ways to Bring Out the Best in You & Your Child.

Community Events

Free Public Skating:

At the Baytex Energy Centre
(Formerly Kinsmen Arena) Peace River
When: Sundays from 5-6:30 p.m.
Sponsored by: Clean Harbors

Free Indoor Walking Program!

Mondays & Fridays 12-1:00 p.m.
Wednesdays 1:00-2:00 p.m.
Location: Al "Boomer" Adair Rec Centre Gym
Dress for comfort, bring indoor shoes & your friends!
For more info please call: 780-618-3474
Sponsored & supported by:
Alberta Health Promotion Program
Town of Peace River
Al Adair Rec Centre

Peace Regional Pool

Sponsored Free Swims on the following Mondays
from 6:30-8:30 p.m.
February 6 Sponsored by: **ATB Financial**
February 13 Sponsored by: **Local Disposal Ltd.**
February 27 Sponsored by: **Baytex Energy**

FCSS—Family Day 'Unplugged'

FCSS is encouraging families to unplug from your electronic devices on February 20th and spend quality time with those you love. Send us pictures of you and family doing unplugged activities on **FAMILY DAY** and your family could win one of the following fabulous prizes.

- Free Movie tickets & a \$50 gift card to restaurant of your choice.
- Family prize basket filled with activities, games and goodies the family will love!
- Other prizes donated from various community agencies.


Send your photos to: tbell@peaceriver.net before February 22nd, 2012. All winners will be contacted before 23rd, 2012.

Please note: Submitted photos may be used in future Town of Peace River Promotions.



MONTHLY ACTIVITIES FEBRUARY, 2012



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Drop-In 9-5 p.m. @ Parent Link	2 Drop-In 9-5 @ Parent Link	3 Drop-In 9-5 @ Parent Link	4
5 <i>Free Public Skating @ Baytex Energy Centre 5:00-6:30 p.m.</i>	6 <i>Free Swim @ Peace Regional Pool 6:30-8:30 p.m.</i>	7 Spirit River Silly Time 10-11:30 a.m.	8 Berwyn Book Bugs 2-3 p.m.	9 Proactive Strategies Training Grimshaw ASLS Office 5-9 p.m.	10 <i>Free Indoor Walking @ Al Adair Rec Centre 12:00-1:00 p.m.</i>	11
12 <i>Free Public Skating @ Baytex Energy Centre 5:00-6:30 p.m.</i>	13 <i>Free Swim @ Peace Regional Pool 6:30-8:30 p.m.</i>	14  <i>Happy Valentine's Day</i>	15 Abuse Protocol Training 9 a.m. -4 p.m @ Grimshaw ASLS Office	16 Baby's Day Out-Peace River Parent Link 10-11:30 a.m.	17 <i>Free Indoor Walking @ Al Adair Rec Centre 12:00-1:00 p.m.</i>	18
19	20 <i>FAMILY DAY!</i>	21 Spirit River Silly Time 10-11:30 a.m.	22 Tiny Tunes Peace River Parent Link 10:15-11 a.m.	23 Hines Creek Happy Kids 10-11:30 a.m.	24 <i>Free Indoor Walking @ Al Adair Rec Centre 12:00-1:00 p.m.</i>	25
26 <i>Free Public Skating @ Baytex Energy Centre 5:00-6:30 p.m.</i>	27 <i>Free Swim @ Peace Regional Pool 6:30-8:30 p.m.</i>	28	29			

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