

# TLC NEWS

All The Latest From The TLC Centre Community

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# HAPPY NEW YEAR

# PM'S ADDRESS

## *From the Practice Manager*

### **A Big TLC Welcome to 2022!**

I hope you and your families have had a happy and safe festive season, and are rested and recharged for the year ahead!

Remember; it's not the destination, it's the journey. *We hope each day of this year brings positivity, success and new adventure filled with great outcomes for all.*

We have set the bar higher than ever this year, and we look forward to kicking goals with our clients and families in 2022! Things are already off to a flying start with our **Summer Holiday Programs** well underway - and what a success they have been! *There are a few spots left* for some activities so be sure to contact reception to check program times and availability.

The safety of each and every one of our clients, families, and therapists remains our number 1 priority this year. Extra measures will stay in place to ensure that we can continue to deliver high-quality patient care during the ongoing pandemic. If you are unsure of our current COVID policies and procedures, please contact our staff for more information.

We are looking forward to what will be a busy year for the TLC CENTRE with an action-packed timetable, and an huge and exciting project pipeline.

Keep yourself subscribed to stay in the loop with all things TLC related!

Our TLC team wishes each and every one of you the very best for 2022.

Sincerely,



**SAMANTHA SALEH**  
Practice Manager

# Get to know our therapists!

## Meet Tammy!

Tammy is one of our **Speech Pathologists** at TLC Speech Pathology. One of our most experienced Clinicians, Tammy has been part of the TLC family for **over 5 years!**

*Tammy specialises in treating:*

- *Articulation difficulties,*
- *Language delays*
- *Literacy problems*
- *Stuttering*
- *Social communication difficulties.*

She is devoted to working closely with families of multicultural backgrounds, including Vietnamese.

Tammy is passionate about creating fun and engaging group therapy and language workshops for school-aged children and teens through the popular tabletop roleplay game, **Dungeons & Dragons**.

This year, her goal is to become a certified **Therapeutic Game Master** to enhance her skills as a Speech Pathologist and to deliver a specialised therapeutic service that is unique, highly effective, and fun!



**TAMMY NGUYEN**  
BAppSc(SpPath) (CPSP)

*"I got 99 hobbies but boredom ain't one"*

Tammy divides her time between our **Lakemba and Earlwood** Clinics:

Lakemba:

- Mon, Tues, Fri

Earlwood:

- Wed, Thurs

# DUNGEONS & DRAGONS

## What is D&D?

Dungeons & Dragons (D&D) is a popular story-based collaborative tabletop roleplay game beloved by geeks everywhere.

D&D is a **highly social and immersive** game where players;

- *Create their own characters*
- *Embark on imaginary adventures together*
- *Team up to find creative solutions for a variety of fictional story problems as they go*

## How can it help?

D&D can improve a wide range of **language, problem-solving, and social skills** whilst being stimulating, engaging and incredibly fun.



**CLICK [HERE](#)**  
to learn  
more about  
D&D in  
therapy



# Get to know our therapists!

## Meet Danielle!

Danielle is our **Brain-Based (Neuro) Chiropractor** from Tula Health.

Danielle sees both **children and adults** at our Earlwood Clinic.

As a Neuro Chiropractor she is uniquely equipped to help with **child development**, specialising in testing and using the 6 senses to rewire the brain's basic reflexes and functions. **This allows kids to have more brain-space available to achieve and connect!**

Danielle also sees our adult clients in the traditional Chiropractor capacity; from gentle stretching, to competent manual adjusting - patient-centred care with a genuine smile!



**DANIELLE ABRAHAMS**  
B.SC. (hons), M.Chiro

### DID YOU KNOW?

Danielle teaches vestibular seminars to colleagues



TULA HEALTH



# Neuro Chiro @ TLC

**What's an example of something a Neuro Chiropractor can help with?**

One aspect of child development that a Neuro Chiropractor can help with is functional vision

Up to 80% of classroom learning is related to functional vision!

To function effectively we need the ability to maintain controlled positions during both static (still) and dynamic (moving) activities.



**How does physical therapy help patients with learning issues?**

**Who is Neuro Chiro designed for?**

Kids aged between 2 and 18 years old that need help to boost or advance their growth and development.



**WATCH DANIELLE'S VIDEO TO LEARN MORE**

<https://www.facebook.com/vestibularworkshopsmembers/videos/309982646075910>





**WE WANT  
YOU!**

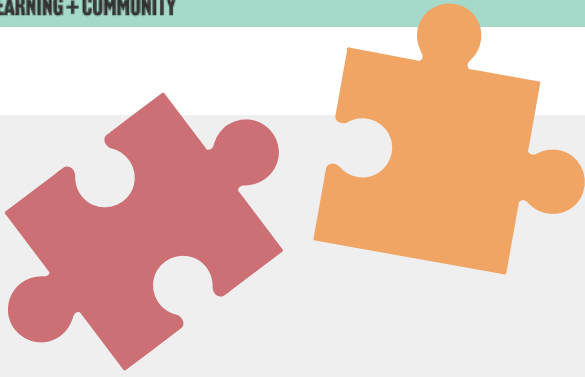
# Join the team!

We're on the hunt for a vibrant, passionate speech pathologist to join our team in 2022!

New graduate and experienced speechies are welcome to apply.

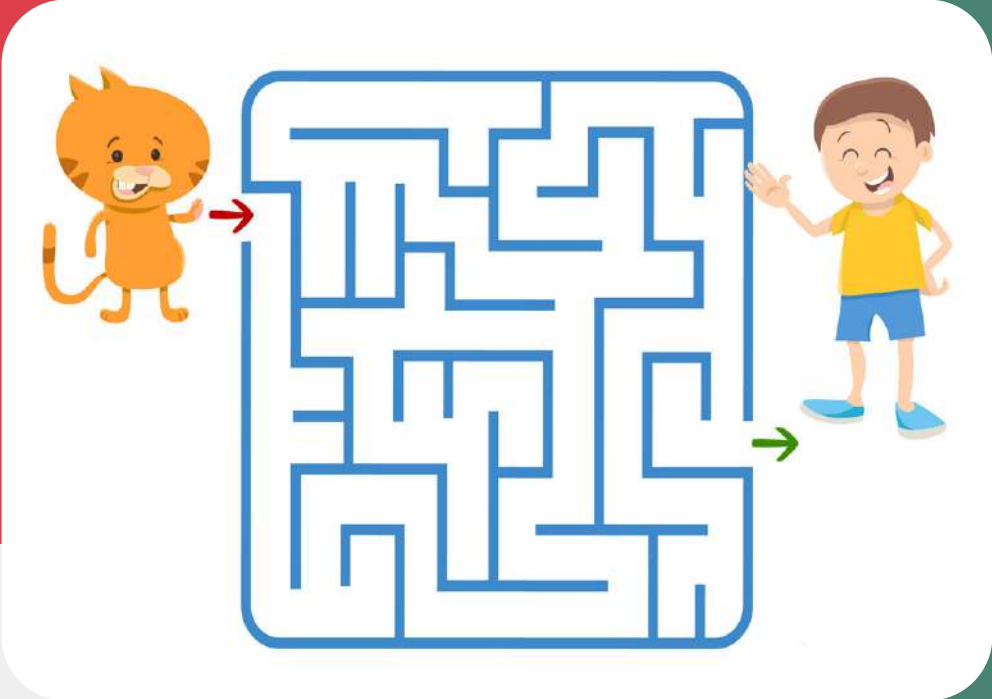
Contact Samantha today with your resume and cover letter:  
[samantha@tlcspeechpathology.com.au](mailto:samantha@tlcspeechpathology.com.au)





# Puzzle Time!

**Oh no!**  
**Mittens the Cat is lost!**  
**Can you help her find her owner?**



## Sudoku

Difficulty: Easy

	4	2	3			8	9	
		9	8					5
	7		5	1	9		4	
		5	7					2
	6	3				7	1	
1					8	9		
	3		9	6	7		8	
7					3	1		
	5	4			2	6	3	

**Riddle me this...**



**What has to be broken before you can use it?**

Answer: An egg



# DIRECTORY

## HEALTH

### SPEECH PATHOLOGY

#### **TLC Speech Pathology**

Assessments; Therapy; Telehealth;  
Mobile Services; Adults + Elective  
Therapy; Transgender Voice  
Modulation

*Earlwood, Lakemba, Leichhardt*

### OCCUPATIONAL THERAPY

#### **M.A.D. Therapy**

OT assessments and sessions

*Earlwood*

### PSYCHOLOGY

#### **Katrina Thornley**

Therapy for children and adults

*Earlwood*

### CHIROPRACTIC

#### **Danielle Abrahams - Tula Health**

Neuro Chiro; Child Development;  
General Chiropractic

*Earlwood*

### ORTHOPTICS

#### **Lisa Raad**

Vision Therapy; Vision Tests;  
Information Processing Tests

*Earlwood*

## CONTACTS

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 [staff@tlccentre.com.au](mailto:staff@tlccentre.com.au)

 [@tlc\\_centre](https://www.instagram.com/tlc_centre)

## LEARNING

### MULTISENSORY +

### EDUCATIONAL THERAPY

#### **Barbara Leiton - The Learning Toolbox**

Early Intervention; Educational  
Therapy; MSL Therapy; Educational  
Assessment

*Earlwood*

### MUSIC - ART - DANCE

#### **M.A.D. Therapy**

Dance movement therapy; Music  
therapy; Art Therapy; Counselling

*Earlwood*

### EARLY INTERVENTION

#### **Lift Off Early Intervention**

EDSM Therapy

*Earlwood*

## COMMUNITY

### SUPPORT GROUPS

### COMMUNITY ART GALLERY

### SEMINAR AND MEETING FACILITIES

### CO-WORKING SPACES

*TLC acknowledges the Traditional Owners of the land where we work. We pay our respects to Elders past, present and emerging. We celebrate the stories, culture and traditions of Aboriginal and Torres Strait Islander Elders of all communities who also work and live on this land.*

# swallowing awareness day

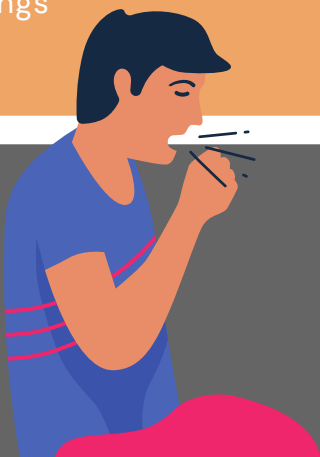
Wednesday 16 March 2022



Dysphagia is a difficulty or discomfort in swallowing which may lead to health decline and conditions such as aspiration pneumonia.

A speech pathologist helps assess and provide management for a person's swallowing function. If someone has difficulties with swallowing they may:

- Require therapy to improve the coordination of the muscles involved in swallowing
- Require therapy to learn new ways of swallowing
- Require a mealtime management plan which specifies how their food and drinks should be prepared to avoid choking or food and fluid entering the lungs



## DID YOU KNOW?

15-30% of those  
65 and older  
will experience  
Dysphagia



One in 17 people will develop some form of dysphagia in their lifetime.

Dysphagia and difficulties with swallowing can cause