

Past President Update Falling Into Action

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As we change seasons and move

into new patterns, whether it is returning to in person learning or to face-to-face office work, SHAV is “falling into action.” The mentorship committee successfully paired five mentors and mentees. The student committee, led by our two incredible student representatives, Sarah and Sydney, will reconvene to begin work on outreach and advocacy efforts. We are also look

ing forward to our fall advocacy much-awaited

series, culminating in our advocacy day planned for January. There are still volunteer opportunities available, whether it is serving on the executive board or participating in a committee, there is something for every one! We look forward to hearing from you and helping you find a role that matches your time and talents!

Happy Fall!

**Renee Garrett, MEd,
CCC-SLP** *Past President*

LIVE and in-person Conference this year! Planning for the 2022 Conference is going well as our invited speakers have been secured and our Call for Papers have been submitted and accepted. We hope you will make plans to join us March 16-19, 2022, at the Marriott Norfolk Waterside in Norfolk, Virginia.

SHAV Office:

3126 W. Cary Street #436 Richmond, VA 23221 888-729-SHAV (7428)

Conference Update

Cross your fingers for a



Aids will be a valuable learning opportunity

FAX 888-729-3489 shavoffice@shav.org

www.SHAV.org

Wednesday's Pre-Conference will

feature Christina Perigoe. Her

day-long session, *LISTENING: The*

Critical Link to Speech, Spoken

Language and Literacy for Children

With Cochlear Implants and Hearing

ty for both speech-language

pathologists (SLPs) and audiologists!

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Conference Update *Continued from page 1*

Friday's short course will feature Julie Case with both a morning and afternoon repeated session emphasizing *Clinical Management of Childhood Apraxia of Speech: Evidence-Based Approaches to Assessment and Treatment*.

A few of our other invited speakers include, Claire Barbao, who will be speaking on numerous topics, to include stuttering, cluttering and aphasia and Amber Ward, who will share her expertise on dysphagia and palliative care. The topic of transgender voice and communication will be discussed by Chila Nichols, functional goal writing and tracking progress will be the topic for Diane Millar, and Marie Ireland will give us much needed insight to a work/life balance and self care as our Keynote Speaker and will also provide a more detailed session as well. Keena Seward will be one of the audiology track speakers and will be discussing auditory training. Our ethics session will be provided by an American Speech-Language-Hearing Association (ASHA) Board of Directors member Judy Rich. Stay tuned for more invited speaker spotlights!

SLP Spotlight

As always, Thursday evening will include the Communication Disorders Foundation of Virginia (CDF) Silent and Live Auctions, which are always entertaining to watch. The student poster session will be on Friday evening, followed by the third annual Praxis Bowl! Breakfast with the SHAV Annual Membership Meeting will be on Saturday to finish off the Conference.

As a friendly reminder, as you are registering for the Conference, please don't forget to complete the "presentation choices" section on the registration form. This helps us in the planning of choosing the best room size for each presentation.

Please visit the SHAV website about other Conference details (<https://shav.org/index.php/shav-conference/>) and we can't wait to see you in March in Norfolk!

M. Johanna Fox Klein, MS, CCC-SLP

Using Biofeedback for Adults with Dysphagia

Meet Brooke Thomason, MS, CCC-SLP, Hampton Roads

geriatric speech-language pathologist (SLP) who is paving the way for increased patient motivation to improve swallowing outcomes by utilizing biofeedback technology.

Q: What settings have you worked in during your career?

A: For the last 14 years, I have worked with the geriatric population with a focus on treating varying degrees of dysphagia. Initially, I primarily utilized traditional exercises combined with swallowing maneuvers, compensatory strategies, environmental, behavioral and dietary modifications in treating my patients. Early in my career, I placed greater emphasis on compensatory methods rather than focusing on exercises and techniques to improve function.

Q: Describe what made you start looking for

different interventions outside of the traditional exercises and compensatory strategies.

A: I quickly noticed that my patients often became frustrated with traditional exercises because they were not able to visualize their progress. I also struggled with the lack of measurable data to track their progress; which left me feeling defeated despite the fact that they were experiencing reduced signs and symptoms of aspiration or advancing their diet. I found that a majority of my patients were not performing their swallowing exercises as part of their home program as instructed. When I inquired as to why they were not completing their exercises, many of them would state “I’m not sure if I’m doing them correctly when you are not here,” or “I don’t really see the benefit of them.” I realized I had to find a better way to help my patients feel engaged in their progress.

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SLP Spotlight *Continued from page 2*

Q: What made you gravitate towards the use of biofeedback to address dysphagia in the adult geriatric setting?

A: Over time, I began to realize how beneficial biofeedback was in order to improve my patients’ performance such as “place your hand on your stomach and your chest to feel the rise and fall” while instructing in diaphragmatic breathing techniques or

“place your fingers over your Adam’s apple while you swallow to feel how hard you are swallowing.” Biofeedback including NMES (Vital Stim and Head and Neck PENS) allowed me to enhance successful motor learning, however, I was still finding that motivation was often lacking. Eventually I was introduced to Synchrony Omni sEMG dysphagia solutions to assist patients in learning movements and exercises through the use of advanced technology and motivating games.

Q: What changes did you see when you

integrated biofeed back and advanced technology into your sessions?

A: I immediately began noticing that my patients were more motivated to attend therapy and to perform home exercise

From the



CDF Board Nominations

The Communication Disorders Foundation of Virginia (CDF) is looking for SHAV colleagues interested in applying to the CDF Board. We are searching for talented colleagues who have an interest in fundraising, the CDF annual silent and live auction, judging graduate student scholarship applicants and judging student poster sessions. We also call on our future leaders who may have aspirations as a CDF officer (president, treasurer, secretary). Trustees are expected to remain on the board for a three-year minimum commitment. We generally have three board meetings per year: January, April and October. Please go

programs. They had a clear target to reach and to exceed and receive immediate feedback about their performance. I could track their progress and review this with them at the beginning and end of each session

Q: Could you describe one of your success stories with biofeedback for dysphagia?

A: One of my more notable memories was of a patient in his 90s who was admitted to my facility with aspiration pneumonia. With the use of biofeedback technology, he gradually advanced from a puree diet and honey thickened liquids to regular solids and thin liquids and has remained on this diet for almost a year without any recurrence of aspiration pneumonia. When I check in on him, he frequently tells me “I still perform my swallow exercises every day, it’s a part of my routine.” To me that is the biggest sign of success: long term motivation.

Britt Mowfy, MEd, CCC-SLP

VP of Public Relations and Communication

to our website or contact Scott Rankins for more information: Email: (blueridgetxrankins@icloud.com), website: (<https://www.cdfvirginia.org/board-member-application>). Thank you.

Martha Mullens-Callender Award 2022

Nominations are being accepted for the Martha Mullens Callendar Award by the Communications Disorders Foundation of Virginia (CDF). Please consider nominating a colleague by going to the CDF website to submit a letter of nomination and two additional letters of support by December 31. The letters must illustrate the ways in which the nominee exemplifies leadership and ideals that Martha represented and which make the nominee a “champion” of the profession. <https://www.cdfvirginia.org/mmc-nomination>.

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Meet the CDF Graduate Scholars

The Communication Disorders Foundation of Virginia (CDF) is pleased to announce the latest slate of graduate student scholars, the most recent awardees of CDF scholarships. Meet the 2021 scholars! Then read about their views on the professions and volunteerism.

Awardee of Rita Purcell Robertson Scholarship, \$4,000, Christen Haig

Christen Haig is a second-year graduate student in speech language pathology at the University of Virginia. She anticipates graduating in December of this year.

How did you choose the profession of audiology or speech language pathology? I have always been fascinated by language and the art of communication. I have had the opportunity to study classical Latin, Koine Greek and classical Hebrew. As I learned more about speech therapy, I saw how it would bridge my interests between studying language and serving others. As a speech-language pathologist, I have the opportunity to use my knowledge of language and communication to improve others' daily lives.

If funds/resources were not an issue, what topic or area of study would you pursue to improve your effectiveness and knowledge as a communication disorders specialist? I am currently working in a school-based placement. I would like to learn more about how to engage clients with severe attention deficits. In my work with clients presenting with childhood apraxia of speech, I have noticed a trend in which the clients' attention skills can be a significant factor in predicting their success in therapy. The clients who have the ability to attend well and engage in therapy seem to advance more quickly than those who struggle to attend to therapy tasks.

I would also like to learn more about providing cognitive-communication therapy to clients with disorders that are mild yet subtly impactful. In my work with a client with a mild TBI, I found business articles

describing different approaches to increasing productivity in the workplace. If I had the funding and resources, I would love to learn more about treating mild cognitive-communication deficits from an interdisciplinary perspective.

Awardee of David H. Narburgh Scholarship, \$4,000, Nicholas Razeghi

Nicholas Razeghi is a second-year graduate student at James Madison University. He anticipates graduating in May of next year.

How did you choose the profession of audiology or speech language pathology? Through his application, Nicholas offered in rich detail how his experiences following college graduation narrowed his path and directed him to the field of speech-language pathology. Those experiences included a stint as a trained emergency medical technician (EMT), a Peace Corps volunteer in Paraguay where he learned the Guarani language, and an English-language instructor in Costa Rica. These experiences led to a revelation. Read, in his words, about this awakening.

Nelson Mandela said, "If you talk to a man in a language he understands, that goes to his head. If you talk to him in his own language, that goes to his heart." Language is more than just the transmission of fact; its harrowing stories, subtle jokes and boisterous exclamations. It defines who we are both to others as well as to ourselves. It shapes the world around us and bridges the gap between discrete consciousness's to expand our awareness and tickle our emotions. Language, so otherworldly yet tangible, is magic. With these swirling thoughts, I realized that I had to dedicate my life to language. In Costa Rica, I met a local speech-language pathologist who first introduced me to the field. It was exactly what I had been looking for, a career that combined language and teaching in an intimate setting allowing the promotion of meaningful connections between therapist and client. I choose the profession of speech-language pathology because, after so much searching, what I've discovered is who I am happens to be a prospective SLP.

What do you think are your professional obligations as a practicing audiologist or

speech-language pathologist? What would you like to contribute to your profession? As an SLP, my obligations are to both the welfare of the client as well as to the integrity of the profession. In addition to treatment, SLPs make diagnoses of speech, language and swallowing issues. They also seek to implement preventive techniques for at-risk populations. SLPs

also advocate for their clients; in the case of a person with aphasia, it's up to the SLP to fight for the acknowledgement of the [individual's] competence [and to support this

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CDF Updates *Continued from page 4*

competence] using all reasonably available communication modalities. Finally, I believe it is the role of the SLP to promote awareness in the general public regarding [communication and swallowing] pathologies, interventions and the professions [of CSD]. These are the commitments that I am ready to make in order to earn the title of SLP.

What I would specifically like to contribute to the profession [re lates to] the importance of aphasia intervention and advocacy. I would like to focus on assuaging the ill-effects of language loss [on living a life] and advocating on behalf of people with aphasia. In doing so, I'd do my best to make sure that these actions result in positive ripples that improve the quality of life of both the person with aphasia as well as those in their orbit.

Awardee of Pat Thomas Dewey Scholarship, \$1,500, Keziah Vandalov

Keziah Vandalov is a first-year graduate student at the University of Virginia. She anticipates graduating in May 2023.

How did you choose the profession of audiology or speech-language pathology? On a medical mission trip to Haiti alongside her father, a general practitioner at a family practice, Keziah observed an outcast community, where the deaf were segregated away from the city. She reports being "immediately struck by the silence of the place." Yet, she noticed "the sign language was quick and frequent, as if it would have been a roaring crowd if they would speak aloud." Following a brief interaction with some of that community, Keziah realized that plenty of the children

could in fact hear. She reports that it occurred to her that this segregated village had existed long enough for generations of

Follow the Fellow

Congratulations

Marta Keane, MEd,

CCC-SLP, AuD



Members of the SHAV Honors

Committee have created this column to

introduce our membership to persons

who have been instrumental in the profession and Association over the years. In this article, we highlight the career of Marta Keane, MEd, CCC-SLP/ AUD, who received the honor of Fellow in 1989.

non-deaf children to be born, yet still raised with American Sign Language (ASL) as their first language. "I was fascinated," she said.

Keziah continued: When I returned home, [I] began to read articles on communication disorders and social stigma. It wasn't long before I stumbled across speech-language pathology. I found that my experience with this Haitian village had sparked a deep desire to explore this field. I wanted to work alongside speech-language pathologists (SLPs) and see what it was like to help a child develop their communication skills, to see how successful communication affected behaviors and emotional well being. A few months later,

I took a job as a registered behavioral technician working in an ABA program at an office that let me perform alongside their SLPs, [providing] therapy to children with autism [and] I have seen such rewarding results.

Reflect on your current and/or past volunteer experiences. Summarize what these experiences have taught you and how you predict these experiences will benefit you as a future professional in communication sciences and disorders. I have had the opportunity on two separate occasions to volunteer abroad, first at an orphanage in Arusha, Tanzania, [and subsequently] in the medical volunteer trip to Haiti. I believe that working within a different culture is a humbling experience that everyone should do. I believe that as much as my clients will be a student to my future sessions, I will be as much a student to my clients as well. Through volunteering, I have found that there is so much to learn, and every person you meet is a new teacher. I hope to continue to learn during my professional career, and take every

client's background, history and culture as an opportunity for newfound knowledge.

Marta attended the University of Virginia (UVA), where she received her bachelor's degree in psychology and sociology, and then her master's in speech-language pathology in 1978. Marta completed post graduate work in audiology at UVA, with minors in business management and statistics. She also holds a post graduate certificate in strategic foresight from the University of Houston (2012) and participated in UVA's Darden Executive and Lifelong Learning's, The Executive Program (TEP) in 2015. When asked about her post-graduate work in audiology, Marta stated that she always enjoyed hearing clinic with supervisor, Margaret McElroy. She then explained that she started the journey

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Follow the Fellow *Continued from page 5*

during her six years tenure in the Prince William County School System because she wanted to focus on connecting diagnosis and treatment for children with auditory processing disorders.

Later she would use those skills with the adult population to address the need to acclimate adult clients to their hearing aids, as well as assist with differential diagnosis of dementia and hearing loss in seniors.

Marta started her career as a speech-language pathologist at Woodrow Wilson Rehabilitation Center (1978-1980), and then worked for the Prince William County Public Schools, and then as the speech-language coordinator, until she was hired at NovaCare, where she worked from 1986-1999, growing in her experiences and positions, ultimately becoming the vice president for operations in the Northeast. Her job at NovaCare started her journey in the business side of health care. In 1999, Marta started her own consulting business, The Strategies Group, LLC, where she was president for seven years. She then moved to Encore Healthcare as vice president for rehab and wellness (2006-2012), prior to moving to the Jefferson Area

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Board for Aging (JABA), where she started as chief operating officer (COO), and was promoted to chief executive officer (CEO) in 2013, after a nationwide search to fill the position. Dick Gibson, chair of JABA's Board of Directors, stated "The Board was unanimous in selecting Marta as our CEO. Her leadership, passion, knowledge and vision made her the clear choice."

JABA is a gateway organization that provides community support for seniors, adults with disabilities, caregivers and families in Charlottesville and central Virginia that helps them live independently and remain active in their community. In this current role as a strategic and operational leader, Marta is passionate about meeting the needs of the growing population of seniors. She continues to link this to speech-language pathology as a guest lecturer in Dr. Carol Dudding's class on aging at James Madison University.

Call for Award Nominations

Celebrate Excellence!

The Honors Committee is inviting you to recognize your outstanding colleagues. Take a moment and think of colleagues you know who stand out as having made exemplary contributions

Marta joined SHAV as a new SLP, and was board secretary from 1982-1984. From 1985-1988, she served as president-elect, president and past president. She also served as the Council for State Speech-Language-Hearing Association Presidents (CSAP) Treasurer (1987-1988), was on the ASHA Council of Professional Ethics, and was the president of the Communication Disorders Foundation of Virginia (CDF). Marta's Fellow award was based on her service on the board, her work with peers to form the CDF, and working to significantly increase Annual Conference attendance. Marta states her fondest memories of SHAV are of the camaraderie; "a great opportunity to know others across the state, and a sense of having a broad group to talk to about your career, personal issues and the association." She further stated that she was grateful for the lifelong friends and mentors throughout her career, specifically mentioning Margaret McElroy and Martha Mullins Callender at the top of that list.

When asked what in her career she is the proudest of, Marta states it's "the overarching value I've brought to

all the jobs I've had—keeping the focus on patients, even in the for-profit world—recognizing when we did the right things, the rest came together." Her goal now is doing the right thing for our seniors, keeping them as independent as they can be, while giving the support they need.

Although still serving the community as CEO of JABA, Marta is an avid traveler, and has visited all 50 states. She also has a love for Shakespeare and has seen live performances of all his plays!

C. Edward Vann, MS, CCC-SLP

Chair, Honors Committee/Historian

to our profession, our consumers and/or our association. We need your assistance to help us recognize that excellence at the Awards Ceremony at the SHAV Conference in Norfolk in 2022. What a wonderful time be honored – at the annual gathering of our peers!

SHAV has presented the award of Fellow since our inception, and has collaborated with the American Speech-Language

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Call for Award Nominations *Continued from page 6*

Hearing Foundation (ASHF) in identifying the State Clinical Achievement Award (DiCarlo Award) since the 1980s. More recently, we have found it important to recognize those who are new to, or entering the profession. These awards are a Student Leadership Award and an Early Career Professional Award. You will find the criteria for each award below.

Persons submitting a nomination should complete the nomination form (found on the SHAV website), a letter of recommendation from the nominator, and two additional letters of recommendation. The deadline for submission is January 7, 2022.

Criteria for Awards

Fellow

- Member of the Association;
- Active participant in the professions of audiology and/or speech-language pathology for not less than five years;
- Outstanding contribution to the Association through service on committees, the board of directors or other significant capacity; and
- Outstanding contribution to the professions in at least two of these areas: clinical service, academic or

clinical teaching, research and publications that contribute to the knowledge of the field and administrative service.

State Clinical Achievement (The recipient becomes Virginia's nominee for the ASHF DiCarlo Award.)

- Member of SHAV
- Demonstrated advancement of knowledge in clinical practice as evidenced by significant recent accomplishment within the

Save the Date

past six years in audiology and/or speech-language pathology. The accomplishment must be specific, well defined and clearly within the time limit of the last six years. This is not considered a lifetime achievement.

Outstanding Student Leader

- Member of National Student Speech-Language-Hearing Association and/or

Student Academy of Audiology (SAA) (including the local chapter);

- Active participant in NSSLHA and/or SAA for not less than 18 months;
- Member of SHAV; and
- Outstanding contributor to local or national NSSLHA/SAA or to SHAV.

Early Career Professional

- Member of SHAV;
- Engaged in the profession for 10 years or less; and
- Demonstrated advancement of knowledge in clinical practice or research as evidenced by significant accomplishment within the past five years in audiology or speech-language pathology.

Please contact any of the members of the Honors Committee with questions. Thank you for your assistance in recognizing the excellence among us!

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2022

Conference March

16-19, 2022

Marriott Norfolk Waterside in Norfolk, Virginia

Mark Your Calendar!

2022 SHAV Conference

March 15-19, 2022 in Norfolk, VA

Winter *SHAV-a-Gram*

Deadline for Submission

December 20, 2021

Honors and Awards

Nomination

Deadline, January 7, 2022

Presorted

Standard

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Submissions and

Deadlines Members are encouraged to submit items for consideration and publication in the **SHAV-a-Gram** newsletter.

If you have a story, announcement or event you would like to place in the **SHAV-a-Gram**, please send your information to the SHAV office,
shavoffice@SHAV.org

Submission Deadlines

Winter Dec. 20 Feb. 1 Spring

March 20 May 1

Summer June 20 Aug. 1 Fall

Sept. 20 Nov. 1