

# Newsletter

A L L F O R K I D S P E D I A T R I C T H E R A P Y C L I N I C

## SPECIAL POINTS OF INTEREST:

- 2018 Wish List
- Sensory Fun During the Holidays
- Fun Crafts at Home
- Welcoming New Faces
- Keeping up with AFK
- Get Outside
- Heart of Hope
- Where to Review

## WANT MORE?

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US ON



## GIVING BACK

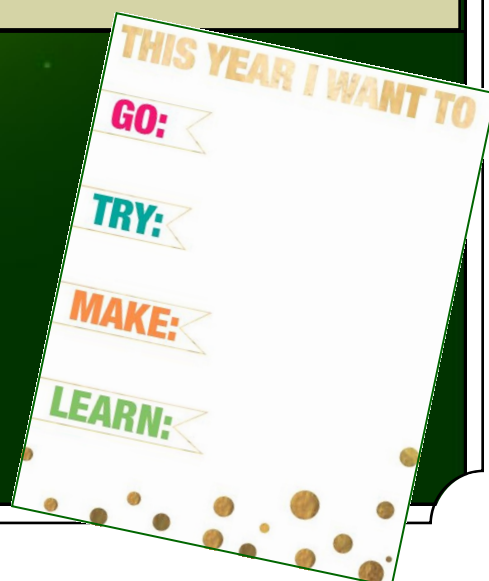
Merry Christmas! It is the most wonderful time of the year for so many reasons, but we are glad that all times of the year are good for giving back! One of our core values at All For Kids is being community minded. We consider it a significant privilege to be part of the Anchorage community that works together to better the lives of children and their families. We are so glad we get to express our gratitude for that by donating our time, skills, funds, and other resources to organizations that are making a difference. A few of the many organizations that All For Kids has contributed to this year include: Hope Community Resources, Down Syndrome Congress, Stone Soup Group, Equine Assisted Therapy Association, Autism Society of Alaska, Muscular Dystrophy Association, and the Miss Amazing Pageant. We just finished a food drive with the Food Bank of Alaska, and we have a group of people who are taking the "Polar Plunge" for Special Olympics (BRRRRR!!). If you are looking for a way to give back this holiday season or any time of the year, consider one of these organizations.

On a personal note, our generous staff has joined together to provide an amazing Christmas for a family in need. Also, we raised funds to support Jazee' (the daughter of Trenee' our billing extraordinaire) as she has been battling brain cancer. Oprah Winfrey said that "to move forward, you have to give back." May 2018 bring all of us many opportunities to continue moving forward!

Blessings, Erin Cowell and Tracey Keaton

## 2018 WISH LIST

Consider making a 2018 wish list. Encourage each other to think of places you'd like to go, new ideas you could try, books you'd like to read, and fun things to make as a family. Kids can make their own and you can make one for the whole family! Start the year off with bright opportunities!





## Sensory Fun During the Holidays!

Make snow slime! What could be more fun than playing in the snow? Playing in **oozing snow slime** of course! This recipe takes minutes to whip up, and the kids will be in awe! Are you ready to make your own **snow slime**?

*Before beginning, note that you can use these glue varieties for this recipe:* white school glue, clear school glue, or silver glitter glue! Each glue variety will give you different snow slime.

### Frozen Slime Recipe

2 cups of school glue  
1 & 1/2 cups of very warm water  
Optional addition: 3-5 drops of peppermint extract  
(to give the snow slime a wintry scent)

**Combine the above ingredients in a small bowl.**

***In a second bowl combine:***

3/4 teaspoons of borax  
1 & 1/3 cups very warm water

**Mix the ingredients of each bowl well, and**  
***then combine both bowls and mix.***

As the bowls are mixed the **snow slime** will begin to form. Add glitter to make the snow slime sparkle, if desired. **Make your snow slime COLD** by placing it in the refrigerator for an hour before play.

*From <http://www.growingajeweledrose.com/2012/12/slime28.html>*



## Fun Crafts for Home!

Use household materials to make creative crafts with your kiddos this holiday season!



### ***Paper plate Santa:***

Paper plate, white cotton balls, and  
crayons, markers, colored pencils, or  
paints



### **Salt Dough Ornaments:**

1 cup flour, 1/4 cup salt, and 1/2 cup warm water  
Roll out to about 1/8", cut into desired shape, and  
bake at 325 for 40-45 minutes!

For other great ideas, please visit <https://www.thebestideasforkids.com/christmas-crafts-for-kids>

## WELCOMING NEW FACES

In June we welcomed  
Janelle Lugar  
from Texas!  
She is a COTA/L!



In August we  
welcomed  
Renee Kotva  
from Missouri!  
She is a  
COTA/L!



In September we  
welcomed Emily Atton  
from Connecticut! She is a  
Speech therapist, CF-SLP!



### Keeping up with AFK!

Lauren, Leah, and Kirsten all  
welcomed beautiful, healthy babies;  
Lydia, Cora, and Beckham!

Katie got married in July!

Erin J. is pregnant and due in February  
2018!

### Get Outside ❄️❄️❄️

It's important for kids (and adults!) to stay active throughout the winter. Beat the winter blues and keep kids active and regulated this winter by opting to spend some family time outside. Bundle up and have some fun with the following ideas:

- \* Build a snowman
- \* Make snow angels
- \* Have a snowball fight
- \* Go sledding
- \* Shovel the driveway (kids can help too!)
- \* Hang lights and decorations inside and out
- \* Go for a walk – in your neighborhood or in a nearby park
- \* Go ice skating
- \* Go to the Campbell Creek Science Center
- \* Go to the Alaska Zoo



### ... .. HEART OF HOPE ... ..

*This year we received the Heart of Hope award for outstanding services to children who experience disabilities and their families, and for supporting Hope Community Resources' mission through continued sponsorship of the Walk & Roll for Hope.*

*"Hope is passion for what is possible."  
-Soren Kirkegaard*

We accepted the award at  
this years' Flannel Ball!







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*"every milestone for every child matters"*

PLEASE REVIEW US ON THE FOLLOWING:



Find us online!

[www.allforkidsalaska.com](http://www.allforkidsalaska.com)



**WISHING YOU ALL A VERY MERRY CHRISTMAS!**

**Standing:** Emily, Melissa, Marie, Lauren, Jennifer, Candice, Lindsey, Krystal, Erika, Karen, Jessica, Christine, Renee, Tracey, Sara

**Sitting:** Amanda, Laura, Erin C., Leah, Jamie, Kirsten

**Kneeling:** Kiley, Janelle, Vonda Kay, Erin J., Caitlyn, Amy, and Hailey. **Not Pictured:** Katie, Megan, and Trenee'