

# In Touch Newsletter

"Little Hands, Big Achievements"

“Life is what you make it.  
Always has been, always will  
be.”

- Eleanor Roosevelt

**Words from Raquel:** "I am so thankful to be a part of the Personal Touch Therapy team. I enjoy working with my patients and their caregivers. My fellow therapists and office staff are outstanding!"

## Feedback

Personal Touch Therapy welcomes your comments and opinions. You can contact us via the following:

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## The Spotlight

Raquel began working as a Speech Pathologist in 1999, and worked in the schools for 7 years. She has since been working in home health. Raquel says she enjoys the flexibility, and the ability to work one on one with kids and their parents in the home setting. She has enjoyed working with pediatric patients.

Raquel was born in New Orleans and is the oldest of 3 kids. She is also a mom to 13 year old twins who always keep her busy! Raquel likes reading books by James Patterson and Terry McMillan, and enjoys watching movies directed by Spike Lee and anything starring Denzel Washington, Tom Hanks, or Harrison Ford. Those sound like great flicks to us!



Raquel loves watching football and cheering on her home team, the New Orleans Saints! Her favorite foods include seafood, king cake, and beignets. In her spare time, Raquel loves to spend time with her family and friends. Because of this, she spends a lot of time in her car driving to New Orleans on a regular basis.

Raquel likes to travel to tropical places whenever she can and would love to visit Australia in the near future. She has already been to Jamaica, Bahamas, Mexico, Honduras, Grand Cayman Island, and Belize! We wish Raquel a bon voyage on of her future travels and appreciate her hard work! Thank you for all you do, Raquel!

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Meet Raquel in this month's "The Spotlight".

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- July Events & News
- July Birthdays
- History Lesson

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- Summer Fun Guide
- Resources and Helpful Links

July 4, 2014

July 12, 2014

July 26, 2014

**Independence Day** – In the United States, Independence Day is celebrated on July 4<sup>th</sup>. It commemorates the adoption of the Declaration of Independence declaring independence from Great Britain.

**Upcoming Event** – Stop by the Premier Pediatrics 1 Year Anniversary Celebration & Carnival and visit our booth for a chance to win fun prizes!

**Upcoming Event** – For more information and a chance to win great prizes stop by the Texas Children's Health Plan "Jornadas Médicas 2014" Community Health Fair.

## July Birthdays



Find us on Twitter  
@PTT\_LLCC  
And tweet them a Happy  
Birthday wish!

7/11

- Happy birthday to one amazing SLP, Carolyn Mulder!

7/24

- Sending fun birthday wishes to our Patient Care Coordinator, Juan Monsivais!

## Join Us! – Upcoming Events

Premier Pediatrics  
One Year Anniversary  
Celebration & Carnival

When: Saturday, July 12, 2014

Time: 12:00 pm – 3:00 pm

Where: 2128 Spears Rd. Ste. 300  
Houston, TX 77067

Texas Children's Health Plan &  
the Cathedral of St. Matthew  
"Jornadas Médicas 2014"  
Community Health Fair

When: Saturday, July 26, 2014

Time: 8:00 am – 2:00 pm

Where: Cathedral of Saint  
Matthew  
9101 Airline Dr.  
Houston, TX 77037

## History of Independence: 10 Fourth of July Facts

Here's a look at 10 important, obscure and fascinating little known facts about America's most patriotic holiday.

- The Fourth of July commemorates the adoption of the Declaration of Independence. It was initially adopted by Congress on July 2, 1776, but then it was revised and the final version was adopted two days later.
- The Declaration of Independence was signed by 56 men representing the 13 colonies.
- Several countries used the Declaration of Independence as a beacon in their own struggles for freedom. Among them, France. Then later, Greece, Poland, Russia and many countries in South America.
- "Yankee Doodle," one of many patriotic songs in the United States, was originally sung prior to the Revolution by British military officers who mocked the unorganized and buckskin-wearing "Yankees" with whom they fought during the French and Indian War.
- Three U.S. presidents actually died on July 4.
- Oh how we've grown: In 1776, about 2.5 million people lived in the newly independent United States, according to the U.S. Census Bureau.
- Fireworks are believed to have developed out of military rockets. In the European Middle Ages, the military pressed fireworks experts into service to conduct celebrations of victory and peace.
- The Liberty Bell was rung *not* on July 4, 1776, but on July 8, 1776, to celebrate the first public reading of the Declaration of Independence. When it was rung in honor of George Washington's birthday in 1846, it cracked irreparably.
- Benjamin Franklin (age 70), who represented Pennsylvania, was the oldest of the signers of the Declaration of Independence. Edward Rutledge (age 26), of South Carolina, was the youngest.
- According to the United States Diplomacy Center, the idea that Benjamin Franklin, in his infinite wisdom and wit, wanted the National Bird to be the turkey is completely false.

## Summer Fun Guide

Get ready for lots of free and cheap fun with this list of Free and Cheap Things to Do in Houston this summer. Everything ranges from free – \$10.

{Source: [www.houstononthecheap.com](http://www.houstononthecheap.com)}

**Free Outdoor Movies** at Miller Outdoor: *Frozen Sing-a-Long* (July 5) 7:45 pm games & 8:30 pm movie. Located at 6000 Hermann Park Drive

**Free Summer Symphony Nights**, Houston Symphony: Miller Outdoor — July 4 @ 8:30 pm

**2<sup>nd</sup> Annual Day of Music**: July 12, noon – 10 pm. Free day-long celebration of Houston's musical diversity (jazz, rock, classical, blues, ethnic genre and more) concluding with the Free Houston Symphony *Chronicle* Concert. The day features salsa dance lessons, food trucks, instrument petting zoo, harmonica clinics, and activities for kids and music lovers of all ages. Located at Jones Hall.

### Sam Houston Boat Tour by Port of Houston

**Authority**: Enjoy a free 90-minute cruise along the Houston Ship Channel. Tours are available Wednesday through Saturday, 10 am and 2:30 pm run time plus 2:30 pm Sunday. Closed Monday and Tuesday. The M/V Sam Houston has been operating as a public vessel since 1958. Reservations are first-come, first-served and must be at least 24 hours in advance. Located at 7300 Clinton Drive.

**Summer Reading Program** at The Fish Gallery: July 10 – August 21, Each Thursday 3:30 pm– 4:30 pm with story time, fish feeding, touch tanks, crafts, games, and prizes. August 21 is a Summer Reading Party (2909 Fountain View).

**Free Children's Hilltop Festival** at Miller Outdoor, 11 am: *Mulan: The Warrior Princess* (7/22), *Jack & the Beanstalk* (7/23), *Three Little Pigs* (7/24), *Little Red* (7/25)

**Family Bat Nights** on 1st and 3rd Fridays year round: Watch bats emerge under the Waugh Bridge. Arrive 30 minutes before sunset to hear a brief presentation on Waugh Bridge Bat Colony. Meet on the platform at Waugh Drive and Allen Parkway. Free public parking at Spotts Park, 401 S. Heights Blvd at Memorial.

**Kegg's Candies Factory Tours**: See the entire chocolate-making process from raw ingredients to cooking, packaging and gift shop. \$5 for age 3+ with \$5 credit in retail store. Reservations required 7 days in advance. Small groups or individuals can view as a self-guided tour with no fee 10 am – 3 pm. Earlier is better! Located at 8168 Westpark.

**Free Houston Splashpads** by Houston Parks and Recreation Department: More than 20 free splashpads throughout the city.

## Helpful Links

### Texas Medicaid & CHIP

Phone: 1-877-541-7905

Website: [www.yourtexasbenefits.com](http://www.yourtexasbenefits.com)

### Including Kids, Inc.

Including Kids is a 501(c)3 private program providing educational and therapeutic instruction using principles of Applied Behavior Analysis for children with autism and related disorders.

Phone: (281)852-0501

Web: [www.includingkids.org](http://www.includingkids.org)

### Learning Disabilities Association of Texas

LDAT is a non-profit volunteer organization dedicated to advancing the education and general welfare of persons with learning disabilities. LDAT provides assistance via email and through the web site.

Phone: (210)860-1300

Web: [www.ldat.org](http://www.ldat.org)

### Medco Medical Supply

Provides enternal/oral nutrition formulas, feeding pumps & feeding supplies & education; incontinence, urological & diabetic supplies for special needs children.

Phone: (713)446-4468

Web: [www.e-medco.com](http://www.e-medco.com)

## LET'S GET SOCIAL!



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