



A PASSION **N**
TO CARE
» SEE PAGE 2

Community Health Transmitter

MAY / JUNE 2023

*Pictured:
Franklin Guillen Alvarez, RN*

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- » A Passion to Care, Franklin's Story
- » The Importance of "Motherese" or Baby Talk
- » Spreading Hope

A Passion to Care

BY Mary Lynn Merriman



Photo: Sawyer
Pictured:
Lucy & Bill Luginbill

Early in 2023, Bill and Lucy Luginbill found themselves spending time at Kadlec Regional Medical Center. Bill was experiencing serious health issues which took them first to Kadlec's Emergency Room, and then he was admitted into the hospital for additional treatment.

"His room was on the 7th floor," said Lucy, "and I thought I was in hospital heaven. It is so lovely. The room was so large, spacious, and just beautifully appointed."

While they appreciated the comfort of the room, it was how they were treated that was most outstanding.

"We were immediately taken care of; all the nurses were very attentive," she said.

One nurse in particular made a significant impact.

"During Bill's stay, Franklin (Guillen-Alvarez) was just like this angel that appeared," Lucy said. "He is such a bright light. He comes into the room and just exudes kindness. It really is healing to have someone care for you like that."

According to Lucy, Franklin and Bill had an instant connection.

"Franklin was interested in Bill and saw him as a person. It wasn't long before he and Bill got into a conversation. Franklin wanted to know about Bill and, of course, Bill was happy to share. He taught school for 36 years and had some stories to tell," she said.

As Bill opened up, so did Franklin. As Franklin's story unfolded throughout Bill's stay at Kadlec, it became clear that Franklin's life journey continues to impact how he sees people and cares for his patients.

It's a story, said Lucy, worth sharing.

A journey from Venezuela to Kadlec

Franklin and his family immigrated from Venezuela to Othello when he was a young child. When he was 9, his mother and stepfather returned to Venezuela. Franklin was

uncomfortable with returning to South America. He asked to stay with his grandmother in Othello.

"Othello is a wonderful town," said Franklin. "It was all I knew; it was my life. I also wondered who was going to take care of grandma."

It was not an easy choice for either Franklin or his mother, nor did staying make for an easy life ahead for him.

His grandmother faced serious illness including cancer and anxiety. He knew staying would mean helping care for her. And it did.

"It's when I became involved in medicine and caring for people. It's where my love for medicine began, but it wasn't easy," he said. "I was the one, even at 9 years old, who had to call the ambulance for help when she needed it."

He saw how she was cared for and how kindness and compassion made a difference.

Franklin also struggled with his own mental health, which was particularly difficult being part of a Hispanic culture that "just tells you to get over it," he said.

"I never knew quite where I fit in and where I belonged. I struggled with many different worlds. I would see my friends having their parents together and that always affected me; I struggled with my sexuality. I struggled with anxiety and depression, even though I didn't know what it was at that time. I struggled with anger at myself.

"The most powerful thing I've learned is that despite all of the trauma and tribulations of my growing up, I can still be good and do good."

CONTINUED ON PAGE 3

A Passion to Care (cont'd)

BY Mary Lynn Merriman



Pictured:
Franklin Guillen Alvarez, RN

CONTINUED FROM PAGE 2

“But I always kept on that smile and happy, cheerful self because I knew God’s plan for me was much more than I imagined and much more than what I was going through,” Franklin said. “Even knowing that, however, when I looked in the mirror, I could see someone smiling on the outside, but on the inside was kind of dead.”

Franklin knew he had another decision to make: was he going to allow himself to spiral downward?

“I told myself, ‘You’re not going to be that person. You’re going to get up and fight. You’re going to be somebody,’” he said. “The most powerful thing I’ve learned is that despite all of the trauma and tribulations of my growing up, I can still be good and do good.”

Franklin sought help for his mental health issues. He worked hard in school, and he started a job. Once out of high school, he realized he wanted to pursue medicine.

He started working as a medical receptionist and enrolled at Big Bend Community College, taking night classes

toward his medical assistant (MA) certification.

He moved to the Tri-Cities five years ago and began working for the Franklin County Corrections Division and eventually for Benton County at the jail. He continued going to school while working and became a registered nurse (RN) last September. He began working at Kadlec in December.

“One of the important differences at Kadlec is you can build the rapport with your patients. You can bond with them like I did with Bill and Lucy and find connections,” he said. “I know you can help with trauma and healing through conversations.

“Everything I worked hard for in life, from helping my grandmother, to being a fast-food worker to a medical assistant, going through nursing school and now being here – it’s led me to a place where I can connect with people.”

CONTINUED ON PAGE 4



CHECK IT OUT Resources on Anxiety & Meditation

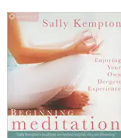
Browse library catalog online for other topics
@<http://bit.ly/kadleclibrary> (link is case sensitive)

8 minute meditation: quiet your mind, change your life
Victor N. Davich



Anxiety is really strange
Steve Haines

The anxiety workbook: a 7-week plan to overcome anxiety
Arlin Cuncic



Beginning meditations: enjoying your own deepest experience
Sally Kempton

Born anxious: the lifelong impact of early life adversity and how to break the cycle
Daniel Keating

Coping with anxiety: 10 simple ways to relieve anxiety, fear & worry
Edmund Bourne & Lorna Garano

The mindfulness journal for anxiety: daily prompts and practices to find peace, *Tanja J. Peterson*

Breathing: techniques for happiness and healthy living, *Rita Singh*

Finding true refuge meditations for difficult times, *Tara Brach*



From anxiety to love: a radical new approach for letting go of fear and finding lasting peace
Corrine Zupko

A Passion to Care (cont'd)

BY Mary Lynn Merriman



CONTINUED FROM PAGE 3

And he does, said Lucy.


"Maybe that's why he lights up the room," she said. "It's that combination of his own journey, and his faith, love, and kindness. It just shows when he's there. Bill was just so appreciative, and so was I, for the care we received."

When he was young, Franklin would tell himself "God didn't give me the greatest childhood but He's going to give me the greatest adulthood," said Franklin.

That belief and trust translates to each of his patients.

"I know how difficult life can be, and some people have had more difficulties than I have," he said. "But they each still have life, and that life still has purpose. I think that's a great reminder for me as well. I still have life, and I still have purpose."

His career goals are not complete; he plans to pursue becoming a nurse practitioner. He'll take that care and compassion with him for those patients as well. ■

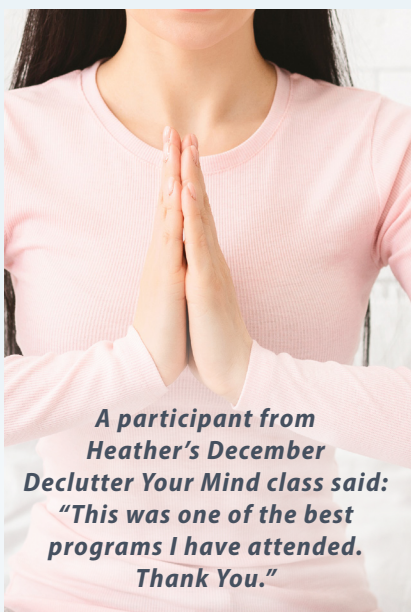


What has helped Franklin?

Franklin learned early on improving his mental health required professional help, including counseling and medication. In addition, he's gained a toolchest full of tools that also help him.

Here are some of Franklin's tools:

- Not being afraid to admit you have mental health issues is a first step.
- Practicing positive self-talk and even keeping positive reminders on the phone.
- Journaling has been key.
- Connecting with other people; good relationships are important.
- Exercise including yoga.
- Leaning into his faith.
- Meditation.



A participant from Heather's December Declutter Your Mind class said: "This was one of the best programs I have attended. Thank You."

IN PERSON

Creating Mental Wellness through Yoga and Meditation

Speaker: Heather Anastos, Yoga Community

May 12, 2023 | 10:00AM-12:00PM | Richland Public Library

In this program, we will delve into the yoga definitions of mental wellness as well as yoga and meditation practices to improve and maintain mental health. The ancient yogis knew that it was necessary work to keep the mind healthy, just like you work to keep your body healthy.

We will focus on what the yogis called "Klesha," or causes of mental suffering, and how to work with and overcome the challenges we all face in our daily lives. The class will include gentle movement, breathing exercises and meditation to soothe the nervous system and calm the mind.

Heather Anastos is the studio director at Yoga Community, a yoga studio in Kennewick, Washington, and co-director of the Rasayana School of Yoga (Kennewick & Leavenworth, WA).

COMMUNITY HEALTH PROGRAMS

REGISTER ONLINE @ [HTTPS://BIT.LY/COMMUNITYHEALTH](https://bit.ly/communityhealth) (link is case sensitive).
OR CALL (509) 943-8455.

ATTEND & LEARN



IN PERSON Youth Mental Health First Aid

May 10, 2023 | 8:00AM-4:30PM (FULL) | ESD #123

October 25, 2023 | 8:00AM-4:30PM | ESD #123

Educational Service District, 123 3924 W. Court Street, Pasco WA 99301

A young person you know could be experiencing a mental health or substance use problem. Learn an action plan to help.



VIRTUAL QPR

May 17, 2023 | 1:00PM-2:30PM

QPR (Question, Persuade, Refer) training teaches you how to recognize the warning signs of suicide, how to respond, and how to connect someone to professional help. The training will help take the fear and hesitation out of talking about mental health and assisting someone who is struggling.

IN PERSON

Spreading HOPE (Healthy Outcomes from Positive Experiences)

Speaker: Kristi Sharpe, CPP, Community Coordinator for Kennewick's KEY Connection Coalition

May 18, 2023 | 3:30PM-5:00PM | Richland Public Library

Join us for a 90-minute interactive workshop to receive training on how to infuse HOPE into your day and gain a deeper understanding of the health impacts of positive experiences and greater hope.

THE SCIENCE

Understand the growing body of research showing how positive childhood experiences drive healthy development and mitigate the effects of adverse ones. Also learn practical applications to grow hope in yourselves and others.

THE FOUR BUILDING BLOCKS OF HOPE

Learn about the key positive childhood experiences that help children grow into healthy, resilient adults and how our communities and our systems of care can provide access to them.

THE MINDSHIFT

After a brief discussion on adverse childhood experiences, you will gain a deeper understanding and empathy for youth with behavioral problems and learn to address these issues with a strength-based approach.



COMMUNITY HEALTH PROGRAMS

REGISTER ONLINE @ [HTTPS://BIT.LY/COMMUNITYHEALTH](https://bit.ly/communityhealth) (link is case sensitive).

OR CALL (509) 943-8455.

ATTEND & LEARN



VIRTUAL ALZHEIMER'S EDUCATION

Healthy Living for Your Brain and Body: Tips from the Latest Research

May 9, 2023 | 1:00PM-2:00PM

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

VIRTUAL ALZHEIMER'S EDUCATION

Effective Communication

June 13, 2023 | 1:00PM-2:00PM

Learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.



IN PERSON

Coping with Grief: What to Say and Not Say When Someone is Grieving

June 8, 2023 | 3:00PM-4:30PM

Kadlec Healthplex - Sycamore Room

Join Chaplaincy Healthcare CEO, Laurie Jackson, as she provides tips and tools for talking with someone in the midst of grief.



Available in the Library

Self-care for grief: 100 practices for healing during times of loss
Nneka M. Okona

COMMUNITY RESOURCE DESK IS HERE TO HELP

Kadlec Community Resource Desk (CRD) can help connect you to a variety of resources including housing resources, food banks, utility costs, clothing, transportation, employment assistance, legal, dental care, medical equipment, eye care, alcohol/drug recovery, health insurance, counseling, and establishing with a primary care provider.

Call (509) 942-2956 for assistance or stop by the CRD located in the Library at the Healthplex.



HEALTHY AGES PROGRAMS

CALL CATHY @ (509) 942-2700 OR ONLINE

@ [HTTPS://BIT.LY/COMMUNITYHEALTH](https://bit.ly/COMMUNITYHEALTH) *(link is case sensitive).*



Healthy Ages
Supported by Kadlec Foundation



Join Healthy Ages

Healthy Ages is a FREE membership program expressing Kadlec's commitment to the health care needs, safety and concerns of the older adult.

Your membership includes the Community Health Transmitter, monthly invitations to wellness programs, connections to community resources, and an invitation to the annual Holiday party.

Join Healthy Ages by visiting our website at www.kadlec.org/healthyages. Call Cathy Manderbach at (509) 942-2700 to register for End-of-Life education, schedule Medicare classes or an appointment to have your prescription drug plan reviewed.

May Wellness

IN PERSON Stroke

Central United Protestant Church (CUP)

Speaker: Dr. Amin Hossein Rabiei

Specialist in Neurology, Kadlec Neuroscience Center

<https://bit.ly/MAYWELLNESS2023> *(link is case sensitive)*

May 24, 2023 | 1:00PM – 2:00PM

Join us to learn more about blood pressure control, diet, exercise, cholesterol and sleep apnea. Learn how to decrease your risk of stroke.

June Wellness

IN PERSON Strategies for Diabetes Meal Planning

Central United Protestant Church (CUP)

Speaker: Carrie S. Swift, MS, RDN, BC-ADM, CDCES

Registered Dietitian, Certified Diabetes Care and Education Specialist

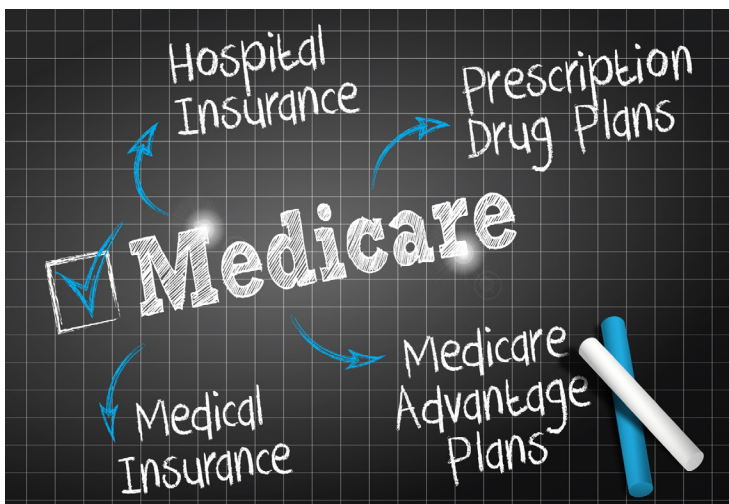
<https://bit.ly/JUNEWELLNESS2023> *(link is case sensitive)*

June 14, 2023 | 1:00PM - 2:00PM

Cut through the nutrition confusion! Learn about which eating patterns really work for diabetes management.

HEALTHY AGES MALL WALKERS

Healthy Ages Mall Walkers is for anyone and everyone who wants to walk in a safe, temperature-controlled environment. To become an official Mall Walker, sign up at the Columbia Center Food Court, Monday through Friday from 10-11:30AM. If you prefer to walk in your neighborhood or at home on your treadmill, we encourage members to log their hours with Healthy Ages to receive incentives.



Medicare Class

IN PERSON May 12, 2023 | 10:00AM

Kadlec Healthplex (Maple Room)

IN PERSON June 1, 2023 | 10:00AM

Kadlec Healthplex (Maple Room)

Will you be new to Medicare in 2023 or considering retirement and eligible for Medicare?

Registration is suggested due to limited seating for our IN PERSON classes. Virtual classes are also available.

Call (509) 942-2700 to save your seat.

LIBRARY HOURS

MONDAY-FRIDAY | 9:00AM-4:00PM

Visit us in person at 1268 Lee Blvd, Richland. Call to reserve your items at (509) 943-8455.



Browse library catalog online for other topics:
<http://bit.ly/kadleclibrary> (link is case sensitive)

AGING



Long-Term Care: How to Plan and Pay for It
Nolo

What if It's Not Alzheimer's?: A Caregiver's Guide to Dementia
Gary and Lisa Radin

FITNESS

Fitness For Every Body: Strong, Confident, and Empowered at Any Size, *Meg Boggs*

HEALTHY COOKING & NUTRITION

Body Kindness: Transform Your Health from the Inside Out, and Never Say Diet Again, *Rebecca Scritchfield, RDN*

Choose Your Foods: Food Lists for Diabetes
American Diabetes Association

Dysphagia Cookbook: Nourishing Soft-Food Recipes for People with Difficulty Chewing and Swallowing
Audrey Robinson.

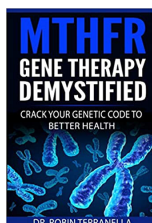
Essential Puree: The A-to-Z Guidebook, *Diane P. Wolff*

Tastefully Blended: 100 Low-Prep Pureed Recipes Suitable for Both Oral and Tube Feeding
Crunchy Tubie Mama

The Allergy-Free Family Cookbook: 100 Delicious Recipes Free from Dairy, Eggs, Peanuts, Tree Nuts, Soya, Gluten, Sesame and Shellfish, *Fiona Heggie*

The Easy 30-Minute Cookbook: 100 Fast and Healthy Recipes for Busy People, *Taylor Ellington*

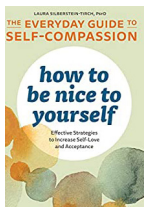
The Soft Diet: For Chewing and Swallowing Difficulties
Rita Greer



MTHFR (*Methylenetetrahydrofolate reductase*)

MTHFR Gene Therapy Demystified: Crack Your Genetic Code to Better Health
Robin Terranella

MINDFULNESS



How to Be Nice to Yourself: The Everyday Guide to Self-Compassion
Laura Silberstein-Tirch, PsyD

Sensing Into Presence: A Collection of Guided Practices with Kim Eng, *Kim Eng*

NEUROPATHY

Explaining Neuropathy: When the Pain Won't Stop
Norman Latov, MD, PhD

PSP

CurePSP Guidebook: A Resource for People Living with Prime of Life Neurodegenerative Disease
Lawrence Golbe, MD

CurePSP How-To Video Series, *CurePSP*

REFERENCE

Alternative Medicine: A Critical Assessment of 202 Modalities, *Edzard Ernst*

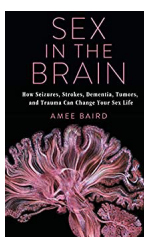
Complete Guide to Prescription & Nonprescription Drugs
H. Winter Griffith, MD

Medical Terminology, *Beverly Henderson, CMT-R, HRT*

Microbiology for Dummies, *Jennifer C. Stearns*

Taber's Cyclopedic Medical Dictionary
Donald Venes, MD, MDJ

SEXUALITY



Sex in the Brain: How Seizures, Strokes, Dementia, Tumors, and Trauma Can Change Your Sex Life, *Ameer Baird*

Sex - Interrupted: Igniting Intimacy While Living with Illness or Disability
Iris Zink, BSN, RN, ANP, RN-BC

Health-related materials are added to the library throughout the year, and we welcome your recommendations. See calendar for occasional KNRC and Library closures.

The Importance of “Motherese” or Baby Talk

National Institute of Health



Toddlers’ Responses to “Baby Talk” Linked to Social, Cognitive, Language Abilities

Across languages and cultures, caregivers tend to have one thing in common: they speak to babies in a happy, sing-song way that they would never use with adults. This type of speech, sometimes called “infant-directed speech,” “baby talk,” or “motherese,” is a particularly exaggerated form of emotionally expressive speech. In a recent study, researchers found that toddlers respond to this emotionally expressive speech in different ways, and these varied responses are linked with their social, linguistic, and cognitive abilities.

Supported by the National Institute of Mental Health (NIMH), the study highlights an early developmental mechanism that may contribute to differences in social interaction and communication that are characteristic of autism spectrum disorder (ASD).

The research team, led by Karen Pierce, PHD, and Eric Courchesne, PHD, of the University of California, San Diego, studied 71 toddlers who were part of an ongoing study. Of these toddlers, 40 had an ASD diagnosis, and 31 did not. The researchers already had data from standardized measures that assessed the toddlers’ ability levels across various domains, including social interaction, language and communication, motor function, perception, and daily living.

For this study, the researchers used functional MRI (fMRI) to measure the toddlers’ brain activity in response to three levels of emotionally expressive speech: mildly positive speech, moderately positive speech, and highly positive infant-directed speech. They did this while the toddlers were asleep to assess their intrinsic brain responses to different types of speech without any influence of interest, motivation, or attention.

The toddlers also participated in a novel eye-tracking task that measured the time they spent looking at two video clips. One video featured a person telling a story using infant-directed speech, while the other featured technological sounds and images. The videos were displayed side-by-side on a screen—the display was set

up such that looking at one of the clips would activate that clip, causing it to play. Thus, the relative amounts of time the toddlers spent looking at the two videos indicated which clip they actively preferred to view.

To understand how the toddlers’ brain and behavioral responses mapped onto developmental outcomes, the research team used a novel statistical approach to aggregate the data and identify groups of children who were most similar to one another. This analysis revealed four distinct groups.

The children in group 1, most of whom did not have an ASD diagnosis, showed relatively high levels of brain activity in response to all three levels of emotionally expressive speech and spent considerably more time looking at the infant-directed speech clip than the other clip. They also had the highest levels of social, language, and cognitive abilities.

In contrast, the children in group 4, most of whom had an ASD diagnosis, showed relatively low brain activity in response to the infant-directed speech. They also spent much less time looking at the clip with infant-directed speech. In addition, they had relatively lower levels of social, language, and cognitive abilities.

The children in groups 2 and 3 had brain responses, looking preferences, and social and language abilities that fell between those of groups 1 and 4.

Together, these findings suggest that toddlers vary in their responses to emotionally expressive speech—while some seem drawn to this speech, others do not. Importantly, the way toddlers respond to emotionally expressive speech appears to be linked with social, linguistic, and cognitive development.

According to the researchers, this finding lends weight to the theory that a brain-based orientation toward emotionally expressive speech may prime infants to pay attention and respond to infant-directed speech. This, in turn, may promote

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CALENDAR: MAY 2023

MAY				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 See side bar for abbreviations	2 MS Support Group (O-IP) 2:00 PM	3 TBI Support Group (M-IP) 3:00 PM	4 Pulmonary Support Group (O-IP) 10:00 AM	5
8 FTD Support Group (O-IP) 1:00 PM	9 Alzheimer's Education (V) SEE PAGE 6	10 YMHFA (ESD-IP) SEE PAGE 5	11	12 Meditation (RPL-IP) SEE PAGE 4 Medicare Class (M-IP) SEE PAGE 7 Chronic Pain Support Group (M-IP) 1:00 PM
15 Parkinson's Support Group (M/O-IP) 1:30 PM	16 Caregivers Support Group (O-IP) 1:00 PM LWI Support Group (V) 7:00 PM	17 Stroke Support Group (M-IP) 11:00 AM QPR (V) SEE PAGE 5	18 Spreading HOPE (RPL-IP) SEE PAGE 5	19
22 Caregivers (Men's Only) Support Group* (CG-IP) 10:00 AM	23 Caregivers (ALZ/DEM) Support Group* (CG-IP) 6:00 PM	24 Healthy Ages Wellness Program (CUP-IP) SEE PAGE 7	25 Alzheimer's Association Conference SEE BELOW	26
29 LIBRARY CLOSED FOR MEMORIAL DAY	30	31		

CALENDAR ABBREVIATIONS:

- ALZ/DEM: Alzheimer's & Dementia
- C: Cedar Room at Healthplex
- CG: Calloway Gardens
- CUP: Central United Protestant Church
- FTD: Frontotemporal Dementia
- IP: In-Person
- LWI: Living While Immunocompromised
- M: Maple Room at Healthplex
- MS: Multiple Sclerosis
- O: Oak Room at Healthplex
- QPR: Question, Persuade, Refer
- RPL: Richland Public Library
- S: Sycamore Room at Healthplex
- TBI: Traumatic Brain Injury
- V: Virtual
- YMHFA: Youth Mental Health First Aid



TRI-CITIES
**ALZHEIMER'S
 & DEMENTIA
 CONFERENCE**
 MAY 25, 2023
 9:00AM-3:30PM
 BETHEL CHURCH, RICHLAND, WA

Alzheimer's Association Conference
 Family care partners and professionals are invited to the annual Tri-Cities Alzheimer's and Dementia Conference.

This conference provides attendees with valuable education, information and resources – as well as inspiration and encouragement for the caregiving journey.

Registration and fees:
 \$75 Professionals
 \$20 Care Partners (*scholarships available*)



Continental breakfast & lunch included.

Questions?
 Call Joel Loiacono at (509) 321-4581.

Register online @
alzwa.org/conferences
 or by email:
tri-citiesconference@alz.org

CALENDAR: JUNE 2023



Please call (509) 943-8455 for any questions. Be sure to check the calendar carefully for any changes to dates, times or locations.



You can also reach us by email at knrc@kadlec.org



Register for programs at <https://bit.ly/COMMUNITYHEALTH> (link is case sensitive)

***PLEASE NOTE:**

ALZ/DEM and Men's Caregiver Support Groups meet at Callaway Gardens, 5505 W. Skagit Ct., Kennewick. As Alz/Dem is starting back up in-person at Callaway Gardens, we will continue to meet only on the 4th Tuesday of the month as the group grows. Please call Callaway Garden to confirm your attendance at (509) 783-5433.

JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Pulmonary Support Group (O-IP) 10:00 AM	2 Medicare Class (M-IP) SEE PAGE 7
5 FTD Support Group (O-IP) 1:00 PM	6 MS Support Group (O-IP) 2:00 PM	7 TBI Support Group (M-IP) 3:00 PM	8 Coping with Grief (S-IP) SEE PAGE 6	9 Chronic Pain Support Group (M-IP) 1:00 PM
12 FTD Support Group (O-IP) 1:00 PM	13 Alzheimer's Education (V) SEE PAGE 6	14 Healthy Ages Wellness Program (CUP-IP) SEE PAGE 7	15	16
19 Parkinson's Support Group (M/O-IP) 1:30 PM	20 Caregivers Support Group (O-IP) 1:00 PM LWI Support Group (V) 7:00 PM	21 Stroke Support Group (M-IP) 11:00 AM	22	23
26 Caregivers (Men's Only) Support Group* (CG-IP) 10:00 AM	27 Caregivers (ALZ/DEM) Support Group* (CG-IP) 6:00 PM	28	29	30



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“Motherese” speech may be diagnostic marker of autism (cont'd)

an interactive caregiver-infant loop that supports infants' socioemotional development and learning. They hypothesize that a reduced response to emotionally expressive speech could disconnect this caregiver-infant loop and may account for some of the developmental differences often seen in children with ASD.

The findings also underscore the fact that children show broad variation in brain activity, behavior, and ability that is not always reflected by diagnostic categories such as ASD. Using aggregated data to identify distinct groups allowed the researchers to determine how the toddlers' responses to emotionally expressive speech mapped to various developmental measures, regardless of diagnostic status.

Further research to clarify how children's responses to emotionally expressive speech shape their earliest social interactions and overall developmental trajectories could help researchers and clinicians identify points for intervention. ■

CONNECT WITH US

CONTACT INFORMATION

- 📍 1268 Lee Blvd. Richland, WA 99352
- 🕒 Monday-Friday, 9:00AM-4:00PM
- 📞 (509) 943-8455
- ✉️ knrc@kadlec.org
- 🌐 kadlec.org/knrc

REGISTRATION FOR CLASSES

<https://bit.ly/COMMUNITYHEALTH>
(link is case sensitive)

HEALTHY AGES

- 📞 (509) 942-2700
- @ catherine.manderbach@kadlec.org

COMMUNITY RESOURCE DESK

- 📞 (509) 942-2956

PHOTO CREDITS:

Kim Fetrow Photography, Page 7
Aaron Atanacio, Cover, 2
@aaronatanacio.photography

KADLEC FOUNDATION

Support Community Health programs by donating to Kadlec Foundation online at kadlec.org/foundation or mail your gift to:

Kadlec Foundation
888 Swift Blvd. Richland, WA 99352

Kadlec Foundation is a 501(c)3 not-for-profit organization.

STAFF HIGHLIGHT

Jay Hungerford, Library Assistant Community Health Focus:

Curator of Kadlec's Community Health Library, located in the Kadlec Healthplex.

Background:

Jay grew up on the rocky shores of the Hood Canal and holds a Bachelor of Arts in Psychology from the University of Washington. Jay is currently pursuing a master's degree in Social Work through Arizona State University online.

Favorite pastimes:

When not doing homework, Jay enjoys drawing portraits, painting mythological creatures, and playing video games.

Current Favorite Album:

Try&Remember by Mayyadda

Fun Fact:

Jay welcomes suggestions for new library materials. Email Jay at knrc@kadlec.org to suggest health-related materials.



KADLEC

1268 Lee Boulevard
Richland, Washington 99352

OUR MISSION

Provide safe, compassionate care.

OUR VISION

Health for a better world.

OUR PROMISE

Know me, care for me, ease my way.

OUR VALUES

Safety
Compassion
Respect
Integrity
Stewardship
Excellence
Collaboration

NON PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
PASCO, WA
PERMIT No. 117



Please call (509) 943-8455 or email knrc@kadlec.org if you have any corrections to your name or address, or if you would like to receive this newsletter by email.

COMMUNITY CONNECTIONS

Live @ 5:00PM

The HAPO Live at 5 Summer Concert Series is a FREE family event. The summer event kicks off on May 25 highlighting Mental Health Awareness Month.
May 25 | John Dam Plaza

National Alliance on Mental Health (NAMI)

NAMI Family Support Groups are free, confidential and safe groups of families helping other families who live with mental health challenges by utilizing their collective lived experiences and learned group wisdom.

See virtual support group listings at: <https://bit.ly/NAMISUPPORTGROUPS> or email namitricities@gmail.com.

Walk & Roll 3K - PFLAG Benton Franklin

Raise awareness for LGBTQ+ youth bullying, suicide, and self-harm prevention.
May 20, 2023 | 10:00AM - 1:00PM
Wade Park, Rd 54, Pasco
Pre-registration: \$20 Day of: \$25



Parkinson's Webinars in May Surgical Advancements in DBS (Deep Brain Stimulation)

Ashwin Viswanathan, MD,
Neurosurgeon
May 12, 2023 | 1:00PM-2:00PM
<https://bit.ly/DBSMAY12>



What Are My Options When PD (Parkinson's Disease) Medications Aren't Enough?

Jason Aldred, MD-Neurologist
May 22, 2023 | 2:00PM-3:00PM
<https://bit.ly/DBSMAY22>



Restoration Market Free Food Market

4000 W. Clearwater Ave., Suite 110
Kennewick, WA
restorationcommunityimpact.com
(509) 987-9281

By appointment Tuesday-Friday.
Walk-ins the first and third Saturday of each month from 11:00AM-3:00PM.