



# McMAINS CHILDREN'S DEVELOPMENTAL CENTER

## MEET OUR STAFF



For almost 22 years Kim Haynes has been an integral part of the MCDC family, first as a speech therapist and now serving as our Clinical and Operations Director. She writes grants, runs the Capable Play Program in our Inclusion House, and helps build much of the assistive technology utilized in the program. She has strong Cajun roots and her favorite musical genre is Swamp Pop.

## Anne's Update

One of the benefits of living in a technological age during a crisis is the amount of information and entertainment available to us. While it is great to get outside, get some exercise and take in nature, sometimes the weather doesn't cooperate or you might want to give yourself a little break and allow yourself to decompress. Here are a few free ways to veg out if you need a bit of a breather.

- The Metropolitan Opera is live streaming from it's vault
- Spending more time on Instagram? Check out celebrities reading children's books
- Link your library card to apps like Overdrive, Hoopla, or Libby to check out e-books, audio books, music, movies and more!
- Amazon Prime has made many of it's family friendly content completely free.
- The Professional Photographers of America has opened up its entire catalog for people to peruse

All these and many other resources are linked on our website under our COVID-19 resource page which can be found here. Do you have a suggestion for free entertainment to relax to during this time? Let us know on our Facebook or Instagram page!



Anne Hindrichs  
Executive Director

## ACTIVITY CORNER

While we may feel "stuck at home," try to use this time to get outside and play! Go outside and look around at all of the gifts nature has to offer. Nature provides a rich multi-sensory experience for our children to explore. What shapes do the shadows make? Can you find matching leaves? Talk to your child about the colors you see, the textures you feel, and the noises you hear.



Learning to ride a bike is a rite of passage. There is a freedom to it. Many of the kids we work with require adaptive bikes to experience this joy and freedom. These bikes come with a hefty price tag and can cost as much as \$6,000. Founded in 2007, our Wheels to Succeed program, along with the No Such Thing as Impossible® Bike Ride, have raised over \$400,000 and given more than 170 bikes to kids. The No Such Thing As Impossible® Bike Ride was founded by and honors the life of local businessman, author, and cyclist Jairo Alvarez and is an effort to fulfill his mission to ensure all kids, regardless of ability, get to ride a bike. Although we have postponed this year's bike ride, we are working hard to reschedule, and when we do, we hope to see you there!

