

ARROW REHABILITATION

Aiming For Independence

14 Office Park Drive, Suite 8
Palm Coast, FL 32137

Pre Sort Standard
Postage PD
Permit 411
Palm Coast, FL

or Current Resident

QUESTION CORNER

What is the largest pumpkin on record?

- A. 1,725 lbs.
- B. 838 lbs.
- C. 1,384 lbs.
- D. 1,821 lbs.

Circle your best answer and mail it in or drop it off to be picked for the prize.

Name: _____

You can also e-mail your answer to : arrowrehab@bellsouth.net

September winner: **Natica Orlopp**

OT

Definition of Occupational Therapy

: therapy based on engagement in meaningful activities of daily life (as self-care skills, education, work, or social interaction) especially to enable or encourage participation in such activities despite impairments or limitations in physical or mental functioning

Helping Your Loved Ones Preserve Independence in Later Years

Do you have an older friend or family member who is finding it more difficult to manage daily tasks in the home? Do you worry about the health and safety of a parent living alone?

Watch for clues that certain daily activities have become too difficult because of physical or mental changes.

Are bills going unpaid? Is the person neglecting grooming or skipping meals? Does the home appear unkempt?

As abilities and strength diminish, families and other caregivers must often help the older person obtain the assistance needed to maintain

independence.

Investigate and suggest resources such as bill paying services, “meals on wheels,” lawn care, house cleaning, and window washing companies. Some elders will prefer professional help to dependence upon family members.

Talking About Living Arrangements

Introducing changes to the persons living environment or considering a move to more accessible housing is best approached long before safety issues become paramount.

Too often, the individual is facing losses in other areas of life and resistance to change is increased.

Introduce the idea of change through small, less intrusive modifications in the guise of gifts or services when you notice a need.

For example, while replacing hard-to-reach light bulbs upgrade the wattage for improved visibility.

If adaptations or repairs are needed such as adding railings on stairways or replacing worn or uneven floor covering, etc., offer to help the individual make choices and deal with contractors.



Becoming an adult caregiver

Caring for an older adult can be rewarding and fulfilling, but can also place great physical, emotional and financial demands on those who take care of them. More than 80 percent of late-life care is provided by unpaid family members.

Sometimes the needs of a caregiver are secondary to those of the aged person in need of care. But failing to meet one's own needs can lead to stress, depression and physical problems on the part of the caregiver. Occupational therapists can help caregivers achieve a balance in which the older adult's needs are met as well as the rest of the family's.

What can an occupational therapy practitioner do?

- Promote well-being through activities that encourage creativity and coping strategies.
- Provide strategies to balance work, caregiving and family demands.
- Recognize that the needs of caregivers must be met in addition to the needs of an older adult with a disability or disorder.
- Encourage caregivers to accept that feeling stress, anger, frustration and sadness at the situation is not uncommon and that it is acceptable to express these feelings.
- Explore coping strategies and encourage healthy activities such as exercise, group or individual therapy, and hobbies.
- Stay informed of current research on conditions and intervention techniques to



share with clients.

What can families do?

- Join a therapy or discussion group for caregivers of older adults.
- Share the responsibility of caring for an older adult.
- Ask others for help.
- Develop a schedule that distributes caregiving responsibility.
- Consider adult day care or home health aides to provide occasional breaks to full-time caregivers.
- Create moments of joy throughout the day by participating in pleasurable activities, if only for a few minutes.

Need more information?

Frequent depression and stress is a serious problem and could cause physical and emotional complications to all family members. If you would like to consult an occupational therapist, practitioners are available through most hospitals, medical centers, and clinics. Talk to your family physician or contact your local health officials for more information about occupational therapy.

Occupational therapists and occupational therapy assistants are trained in helping people with a broad range of physical, developmental and behavioral conditions. In addition to treating illness and disability, occupational therapy encourages wellness through a balance of healthy and meaningful life activities.

SAVE THE DATE

Customer Appreciation Picnic!

DATE: Saturday, October 16, 2010 11:00AM-3:00PM
WHERE: James Holland Park, Palm Coast Pavilion #3 (the park is located ¼ mile north of Palm Coast Parkway on Florida Park)

Come by and enjoy some Food (burgers, hot dogs, chips, soft drinks, and more) & Great Professional Entertainment.

All too often in today's business environment, many companies take the patronage of their customers for granted. As a way of saying thank you for your support of our services, I want to take this opportunity to show my gratitude to you and your family.

-Jim Bowe, President

Fun for the whole family including:

- Great Door Prizes
- Kids Bounce House and Face Painting
- K-9 Demonstration

- from Flagler County Sheriff
- US Coast Guard Display
- Kids Fingerprinting by the Flagler County Sheriff's Dept
- 50/50 Charity Raffle

Hosting this event is The Palm Coast Business and Professional Network of which I am a member along with 45 other businesses.

I hope you can join us. Please RSVP to Betsy at 386-447-0011

Thank you again for your business! I look forward to seeing you there.

Octoberfest

DATE: Friday, October 29, 2010 5:00PM-7:00PM

WHERE: Arrow Rehabilitation office

Food, drinks, music, friends and fun! Everyone's German for October fest. Call Betsy at 447-0011 or e-mail arrowrehab@bellsouth.net if you plan to bring a dish. Food is appreciated, but not expected!

Come and celebrate with us! Please RSVP to Betsy at 386-447-0011.

Stroke Club

DATE: Tuesday, October 19, 2010 11:00AM

WHERE: Florida Hospital Flagler



Treating Alzheimer's Through The Creative Arts

A documentary by Eric Ellena and Berna Huebner

This documentary shows how initiatives that bring people with Alzheimer's to art and creative workshops are producing remarkably positive results. The film features personal stories including that of Rita Hayworth as told by her daughter, Yadmin Aga Khan. Dozens of day care centers, nursing homes and assisted living facilities are using drawing, painting and museum visits as effective therapies, making it possible to improve the quality of life and restore a dialogue with caregivers. Scientists have discovered that parts of the brain related to creativity are largely spared. Today experts recognize the benefits of these new approaches that change the way we look at Alzheimer's.

Please join us for a free workshop that explores Alzheimer's and Dementia, through the creative eyes of our loved ones. Lunch will be provided, at no cost.

Wednesday, October 27, 2010
From 10:30 am – 2:00 pm
At the Hilton Garden Inn
Palm Coast, FL
Please RSVP to 386-446-7848
Support Group Meeting
Wednesday, October 6, 2010 -- 6:00 pm
Odyssey Healthcare
4861 NW Palm Coast Pkwy., Suite 3

Monday, October 18, 2010 -- 11:30 am
Odyssey Healthcare
4861 NW Palm Coast Pkwy., Suite 3
Light lunch provided

Memory Screening
November 18, 2010

For more information call 386-446-7848.