



FEBRUARY 2024

WHAT'S INSIDE

STAFF SPOTLIGHT:
Celebrating 10 Years

NEVAEH'S RECIPE:
PEPPERMINT SUGAR
COOKIES

**VALENTINE'S DAY
WORD SEARCH**

Therapy Solutions

TAKE YOUR LIFE BACK.

HAPPY
Valentine's
DAY



*What is Your
Love Language?*



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"Love languages" are simply different ways love is communicated and understood from person to person: The secret is learning the right love language! The book, *The 5 Love Languages*, by Dr. Gary Chapman describes 5 Love Languages. Which one applies to you?

WORDS OF AFFIRMATION

Actions don't always speak louder than words. If this is your love language, unsolicited compliments mean the world to you. Hearing the words, "I love you," are important—hearing the reasons behind that love sends your spirits skyward. Insights can leave you shattered and are not easily forgotten.

QUALITY TIME

In the vernacular of Quality Time, nothing says, "I love you," like full, undivided attention. Being there for this type of person is critical, but really being there—with the TV off, fork and knife down, and all chores and tasks on standby—makes your significant other feel truly special and loved. Distractions, postponed dates, or the failure to listen can be especially hurtful.

RECEIVING GIFTS

Don't mistake this love language for materialism; the receiver of gifts thrives on the love, thoughtfulness, and effort behind the gift. If you speak this language, the perfect gift or gesture shows that you are known, you are cared for, and you are prized above whatever was sacrificed to bring the gift to you. A missed birthday, anniversary, or a hasty, thoughtless gift would be disastrous—so would the absence of everyday gestures.

ACTS OF SERVICE

Can vacuuming the floors really be an expression of love? Absolutely! Anything you do to ease the burden of responsibilities weighing on an "Acts of Service" person will speak volumes. The words he or she most want to hear: "Let me do that for you." Laziness, broken commitments, and making more work for them tell speakers of this language their feelings don't matter.



PHYSICAL TOUCH

This language isn't all about the bedroom. A person whose primary language is Physical Touch is, not surprisingly, very touchy. Hugs, pats on the back, holding hands, and thoughtful touches on the arm, shoulder, or face—they can all be ways to show excitement, concern, care, and love. Physical presence and accessibility are crucial, while neglect or abuse can be unforgivable and destructive.

Observe and remember how your spouse expresses love to you.

Notice what your spouse complains about the most. Is it that you never acknowledge what they cooked for dinner? Is it that you never spend enough time with them?

To learn more, contact Therapy Solutions today to talk to one of our Mental Health counselors.

Take this quiz to find out your love language:



Valentine's Day
Word Search

W O F T I N E P I D X S
 V E A F F E C T I O N U
 C A N D Y R G A R N E C
 A E L O W E I T O I K H
 S W E E T A F E R M U O
 X O X O N E T I N A O C
 E L A T D T S O A D E O
 A D M I R E I N F E C L
 R T P I S W A N I T A A
 C U L O V E G H E A R T
 C E R G I R E A X S D E

VALENTINES	SWEET	ROSES	ADMIRE
HEART	CHOCOLATE	AFFECTION	FRIEND
CANDY	CARD	PINK	CUPID
NOTES	GIFTS	LOVE	XOXO

5 TIPS FOR BETTER HEART HEALTH

Here are 5 simple ways you can make sure your heart continues to perform at its best:

Exercise to increase your heart rate: Walking and biking around your area regularly can help you raise your heart rate. Exercising regularly can help you lose weight, reduce your stress and improve your mood.

Participate in strength training: Strength training is one of the most effective injury-prevention strategies for the body and heart. Your therapist can help you develop safe strength-training techniques.

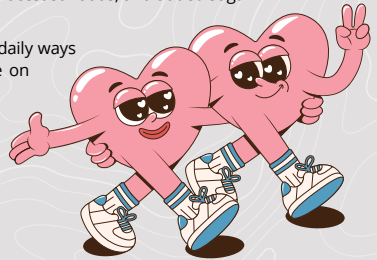
Maintain mobility of the joints and muscles: Regular stretching and mobility work keeps you active and makes you feel better. The more active you are, the healthier your heart is! Knowing the right workouts and therapies for your joint and muscle health will help you feel better and enhance your overall function.

Eat healthy meals: Nutrition plays a huge role in heart health. Plant-based foods, whole grains, lean meats, and healthy fats like fatty fish and olive oil should all be in your diet. Fried foods, trans fats, processed foods, and added sugar should all be avoided.

Manage your stress: Stress can raise blood pressure, so do your best to find daily ways to relax. The less stressed out you are, the less tension and stress you place on your heart. Exercising, getting adequate sleep, stretching before bed, or taking a nightly warm shower are all things that could help with relaxation.

The best approach to keep your heart strong and healthy is to exercise regularly. It's a natural, safe, and effective way to help improve your heart function! Physical therapy is an excellent method to add additional physical activity to your daily routine.

To learn more, contact Therapy Solutions today!



TAKE CARE OF YOUR MENTAL HEALTH

Did you know that, in addition to our top-notch physical, occupational, speech, and pediatric therapy services, we can help you address mental health concerns? Our team of mental health counselors offers a variety of approaches so you can find the best solution for you!

No matter your mental health needs, the team of counselors at Therapy Solutions will help you find an approach that works for you. Call us today to schedule an initial appointment or learn more about the many mental health services we offer!

SCHEDULE YOUR APPOINTMENT TODAY!
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NEVAEH'S RECIPE:

PEPPERMINT SUGAR COOKIES

- 1 cup salted butter (2 sticks) 1 ½ C. sugar
- 2 eggs
- 1 tsp. peppermint extract
- 2 tsp. baking powder
- 1 tsp. baking soda
- 2 tsp. cream of tartar
- 3 C. flour
- 6 oz. white chocolate chips
- 6 oz. Andes peppermint chocolates - (about 1.5 packages)



Directions:

Preheat oven to 350 degrees. Cream together melted butter and sugar in a large bowl until fluffy. Beat in eggs and add peppermint extract. In a separate bowl, mix dry ingredients together and slowly add to the wet mixture until incorporated. Cut Andes peppermint chocolates into small chunks. Fold in Andes and white chocolate chips into the dough. Line a baking sheet with parchment paper and form balls of dough, spacing a few inches apart. Bake at 350 degrees for 12-15 minutes.

IN THE COMMUNITY:

Our staff has been busy sharing their areas of expertise with the community! Here is a look at some of their recent presentations:

- **Russ Fast (Mental Health Counselor)** recently presented at Baranko Bros about safety and mental health services. He will also be providing a Lunch and Learn for Hawk's Point about Seasonal Affective Disorder (SAD).
- **Adrienne Belland (OT) and Jessie Binstock (PT)** have been participating in DHS's Health Careers classes by sharing their knowledge about sports medicine.
- **Jennifer Rosario (Mental Health Counselor)** will be presenting at DSU's "One Hour of Wellness" with a discussion about how anxiety impacts our wellness and ways to manage anxiety.
- **Eric Halverson (OT, Occupational Health Manager)** will be presenting at the Southwest Area Human Resource Association's January meeting about Office Ergonomics.



Therapy Solutions
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WRITE YOUR OWN SUCCESS STORY!

INSTRUCTIONS:

1. Open your smart phone to the camera app
2. Center the QR code above in the frame (this will take you directly to our Google Review Page)
3. Tell us how we did



STAFF SPOTLIGHT: CELEBRATING 10 YEARS

We would like to congratulate **Lori Weiler (Billing Specialist)** & **Adrienne Belland (OT)** on their 10th Anniversary with Therapy Solutions! Thank you, Lori & Adrienne, for an amazing decade of service!



LORI WEILER



ADRIENNE BELLAND