



Therapy Solutions

TAKE YOUR LIFE BACK.

MAY 2024

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Jennifer & Haylee

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*Speech Therapy: Helping You
Share Your Radiant Memories*



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This month, we're celebrating two important healthcare fields: speech therapy and skilled nursing care! Speech therapists help patients improve their communication and speaking skills, while skilled nursing care offers highly specialized care to those who need it most.

We want to explore the intersection of these two fields by looking at the essential role of speech therapy in skilled nursing care facilities, particularly those that serve elderly patients.

Many people don't realize that speech therapists do more than help with speech; they help with communication overall. And because communication and cognitive ability go hand in hand, speech therapists are integral in helping older patients maintain mental function.

To help us celebrate **National Skilled Nursing Care Week** (May 12-18) and **National Speech-Language-Hearing Month** (all of May), we want to share some of our favorite activities for improving memory skills.

And if you'd like more information about speech therapy services at Therapy Solutions, call to schedule an appointment!

EFFECTIVE (AND FUN) SPEECH-THERAPIST-APPROVED MEMORY ACTIVITIES

These activities bridge the gap between communication and cognition—and many of them are things you can do together with your loved ones!

- **Share a story.** One of the best ways to stimulate long-term memory is to simply share personal stories from memory. Ask your loved ones to share important events in their lives—whether from when they were young or a few weeks ago.
- **Play a word association game:** This activity takes the basic idea of storytelling a step further. Ask your loved one to share memories associated with certain words (such as “roses” or “swimming pool”). Doing so helps them express important emotions or memories in words.

- **Keep a memory journal:** Communication is about more than just speaking! Keeping a memory journal involves writing down important thoughts or events each day, helping to hone memory recall while providing a record of you or your loved one's day-to-day life.
- **Join (or start) a book club.** Book clubs are a great way to boost memory and communication skills! They ask you to read and recall specific details from the book, and they provide an opportunity for social interaction and complex conversation.

ACTIVITIES TO ENHANCE SHORT-TERM MEMORIES

Are you or your loved one struggling with short-term memory loss? These activities target short-term memory specifically.

- **Retell a story.** Listen to a story (perhaps through a podcast or audiobook), then retell it in your own words.
- **Hone your visual memory.** Look at a set of different objects, then try to recall them later. You can do this while out and about (for example, look at a shop window display, then try to recall what was included in it a little later).
- **Recreate a pattern.** Find a detailed pattern somewhere—perhaps in an adult coloring book or a swatch of fabric—and then recreate it yourself from memory.
- **Play Categories:** This classic word game asks players to quickly name words that fit into a particular category. Players decide on the categories (such as “actor”) ahead of time. Then, you have a set amount of time to list as many words that fit into that category as you can. Unique entries get more points, and those with the most points win!

NEED A LITTLE MORE MEMORY HELP? CONTACT THERAPY SOLUTIONS

While these activities are a great way to enhance your memory, communication, and cognition skills at home, sometimes you need a little extra help. If that's the case, our speech therapists are here to help!

Call to schedule an initial appointment and find out what speech therapy can do to help you or a loved one improve communication and cognition skills—all while retaining your own radiant memories.

**SCHEDULE YOUR
APPOINTMENT
TODAY!
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MAY IS MENTAL HEALTH AWARENESS MONTH

4 Things that Contribute to Good Mental Health

1. **Regulate your Body** — The ability to keep the organs of the body and the automatic nervous system (heart rate, respiration, body temperature) coordinated and balanced. Body regulation isn't just about physical health. Emotions begin as an embodied experience. For example, a racing heart and shallow respiration often precipitate feelings of panic/anxiety. Feelings of exhaustion or under-stimulation often precipitate depression.
2. **Emotional Balance** — The ability to maintain optimal emotional functioning. That is, I know how to be emotionally stimulated enough to be aware and engaged in my circumstances and relationships but not so emotionally stimulated that I am regularly flooded by my feelings and carried away by them.
3. **Morality** — The ability to imagine, reason, and behave from the perspective of the greater good, including the ability to delay gratification and find ways to get my needs met while understanding and accommodating the needs of others.
4. **Intuition** — Having access to the input from the body and its non-rational ways of knowing that fuel wisdom. One's "gut sense" of things is actually based on a complex process by which one's right brain makes "quick" global assessments of one's feelings and circumstances.

The exciting thing about this definition of mental health is that a person does not have to wait until their life, work, or relationships are suffering before they get help. A person could reasonably look at this list and say, "I want to do a better job with this mental skill," enabling them to seek professional help long before their marriage, work, or life begins to fall apart because of those deficits.

If you would like to work on one of the items on this list, contact Therapy Solutions to schedule an appointment with one of our mental health therapists and Take Your Life Back!



ERGONOMICS PART III: TIPS FOR REDUCING WORK-RELATED DISCOMFORT

- Consider alternating arm use when using tools such as a mouse to prevent repetitive trauma to joints and muscles.
- Adjust your work-station to promote slightly different body positions during work. Examples include: changing foot positioning from the floor to a footboard to alter knee and hip position; changing the angle of the keyboard to alter wrist position during computer work; and moving paperwork from one side of the computer monitor to the other to change the direction of head rotation when referencing paperwork.
- Stand up and move as much as possible. Seated work contributes to general deconditioning and can promote muscle tightness as a result of maintaining fixed body positions for extended periods of time.
- **Stretch**
 - ◊ Complete stretches and take a break when you begin to feel fatigued. Stretching can help decrease tension and fatigue.
- **Exercise**
 - ◊ Stretches and postural exercises can reverse the injury process and promote healing
 - Muscle balance is important
 - Stretching tight muscle groups
 - Strengthening weakened muscle groups

Stretch: Back Extension with Chest

- "This stretch is a good way to correct your back from undesired forward spine positions and rounding of shoulders after prolonged sitting or standing." - Jared Erie OTR/L

Back Extension with Chest

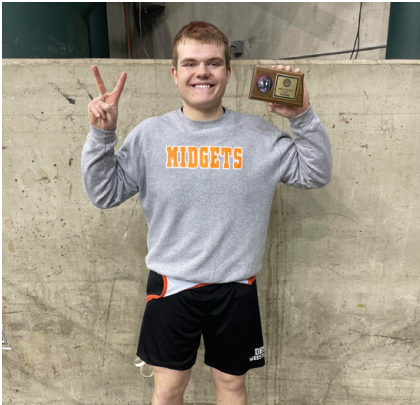


- Sit or stand with good posture.
- Interlace fingers behind neck.
- Move neck and shoulders backward.
- Hold for at least 10 seconds.

Stay tuned for more stretches in our upcoming newsletters!

CONGRATULATORY CORNER:

STAFF'S KIDS



Ethan Halverson (son of Eric & Terry Halverson) took 2nd place in the 285 lb/heavyweight division at state for wrestling this year. The Dickinson High School team also took 2nd overall for the individual tourney and 4th for the dual tourney.



Trinity High School's senior class presented the Living Stations of The Cross in preparation for Easter.

- **Jersey Erie** (daughter of Jared & Brenda Erie) played Veronica
- **Jeremiah Jilek** (son of Doug Jilek) played Jesus
- **Mara Ellerkamp** (daughter of Amanda Ellerkamp) played Pontius Pilate's wife Claudia

STAFF SPOTLIGHTS: CELEBRATING 5 & 10 YEARS!



We would like to congratulate Jennifer Rosario (Mental Health Counselor) on her 5th Anniversary and Haylee Peters (Occupational Therapist) on her 10th Anniversary with Therapy Solutions! Thank you, Jennifer & Haylee, for your many years of dedicated service!

LORI'S RECIPE:

BROWN SUGAR RHUBARB MUFFINS

- 3 cups all-purpose flour
- 1-1/2 cups packed brown sugar
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 eggs
- 1 cup buttermilk (1 cup milk/1 tablespoon lemon juice)
- 2/3 cup vegetable oil
- 2 teaspoons vanilla extract
- 2 cups diced fresh or frozen rhubarb
- 1 cup chopped walnuts



Topping:

- 1/4 cup packed brown sugar
- 1/4 cup chopped walnuts
- 1/2 teaspoon ground cinnamon

Directions:

1. In a large bowl, combine the flour, brown sugar, baking soda, and salt. In a small bowl, beat the eggs, buttermilk, oil and vanilla. Stir into dry ingredients just until moistened. Fold in rhubarb and walnuts
2. Fill greased or paper-lined muffin cups three-fourths full. Bake at 375 for 18-20 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pans to wire racks. Serve warm.

Yield: 20 muffins