



Therapy Solutions

TAKE YOUR LIFE BACK.

JULY 2024

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Jennifer Rosario

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Tips for A Safe and Happy Fourth of July!



Scan the code with your camera app, and schedule your appointment with us today!



WE ARE HERE FOR YOU! CONTACT US TODAY!

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Independence Day is almost here, which means barbecues, a day off from work, and, of course, fireworks. While we love watching those dazzling displays as much as anyone, we also want to remind you that it's important to keep fireworks safety at the top of your mind this Fourth of July.

Over 10,000 people were treated for fireworks injuries in 2022 alone, with 73% of those injuries occurring in the weeks before and after Independence Day. Even more surprising? Approximately 600 fireworks injuries in 2022 were caused by sparklers, which many people view as a "safe" option.

At Therapy Solutions, our team of occupational therapists has seen the results of improper fireworks safety first-hand after all, around 30% of fireworks injuries affect the hands or fingers. While we're here if you do suffer a fireworks-related accident, we'd rather not see you at all!

These simple fireworks safety tips can help ensure you have a happy holiday.

Fireworks Safety Tips from Our Occupational Therapists

- **Keep water nearby.** Whether it's a full bucket or a functioning garden hose, make sure you have a way to extinguish any fires or other mishaps.
- **Have a designated "lighter."** Only sober adults should ignite fireworks, and they need to be familiar with proper fireworks safety:
 - Always wear eye protection.
 - Do not hold lit fireworks or point them at another person.
 - Do not attempt to re-light fireworks that didn't ignite properly.
 - Step away from the firework as soon as it's lit.
- **Don't let kids play with fireworks.** That includes sparklers!
- **Properly dispose of fireworks.** Soak all fireworks (used, unused, and malfunctioning) in water for a few hours before discarding them.

- **Only buy fireworks labeled for consumer use.** And make sure that they're legal in your area!
- **Consider leaving it to the professionals.** One of the easiest ways to enjoy fireworks safely is to attend a professional display rather than shooting them off yourself.

Occupational Therapy and Recovering from a Firework Injury

While following fireworks safety protocols can dramatically lower your risk of suffering a fireworks injury, accidents do happen. And with hands being the most commonly affected body part, occupational therapy plays a significant role in rehabilitating afterward.

Here are the most common fireworks injuries (and what we can do to help):

Burns

- In 2022, burns accounted for 38% of fireworks injuries, making them the most common by far. If you do suffer a burn, we can help manage scar formation and work with you to improve the mobility in the affected area so you can regain as much hand function as possible.

Fractures

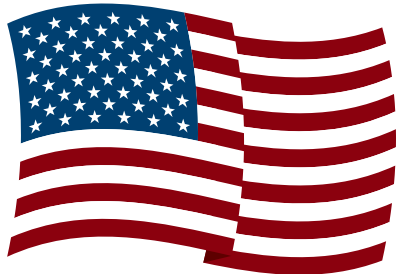
- Hand fractures are another common fireworks injury. While you should seek immediate medical attention for a fireworks-related hand fracture, our team can help you recover with custom splints and targeted exercises to restore hand strength and mobility.

Amputations

- Amputations—of either a finger or fingers or the entire hand—are the most severe fireworks-related hand injuries. It'll take time for you to become accustomed to your missing limb, but our team can guide you through the process. We can show you how to use any prosthetics properly and help you restore the ability to perform day-to-day activities.

Have a Wonderful Fourth of July!

We hope your holiday weekend is filled with great food, lots of loved ones, and a gorgeous nighttime fireworks display. But if you have any questions about proper fireworks safety—or how we can help in the event of an injury—call Therapy Solutions today.



WHY CAN'T I REMEMBER MY CHILDHOOD?

Many people say they can't remember anything about their childhood. Why is that? There could be a number of reasons, but one reason may be that you grew up in a home that was very stressful and chaotic. If you grow up in an environment like this, you learn to focus on keeping yourself safe during these times of chaos and unpredictability. You can't recall childhood memories because you had to distance or detach yourself from your reality in those moments to keep safe. Even though you don't remember your childhood, in reality, you do have those memories. Your brain cannot recall them but your body fully remembers them. Your memories are stored in your nervous system. When we startle easily, when we struggle to trust, when we feel anxiety in our chest-it's the body remembering. It's the nervous system saying, "I am on guard because this feels like something I know and have experienced." So your body remembers the feelings of how that felt but your logical brain can't remember the implicit memories.

To learn how to read your body better and help you get more in touch with the childhood coping skills you have developed, contact Therapy Solutions to talk to one of our mental health counselors and Take Your Life Back!



CLIENT SUCCESS STORY

"I have had the opportunity to receive treatment at Therapy Solutions with excellent results. My husband has also received therapy for OT, PT and ST. The way the therapists talk to each other when they have overlapping patients is so wonderful. Mike has jumped leaps and bounds from where he was at with the kind, friendly, and knowledgeable therapists. At this point we feel they are an extension of our family, because we feel they treat their patients as family, only wanting you to be the best version yourself."

— Lisa S.

ERGONOMICS STRETCH: UPPER NECK

"This is an excellent stretch for side muscles of the upper neck region. I like to combine this stretch with the "chin tuck" stretch to correctly align our head for the most effective response. Oftentimes we overlook the importance of this stretch and the positive impact it has."

- Jared Erie OTR/L -

Upper Neck



- Place right arm behind back.
- Grasp arm with left hand as shown.
- Bend neck to left side as you pull your right arm.
- Repeat for other side.
- Hold for at least 10 seconds.

**SCHEDULE YOUR
APPOINTMENT
TODAY!**
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CLINIC NEWS:

JENNY'S NEW ADDITION



Jenny Skachenko (Mental Health Counselor) adopted a baby boy! Wesley "Wes" Russell was born on May 1st at 26 weeks and only 2 lbs. Congratulations to Jenny and her husband on their new addition!

2024 GRADUATES

Congratulations to the high school graduates in our Therapy Solutions family!

- Koltyn Gifford (son of Tera Dutchak)
- Ethan Halverson (son of Eric & Terry Halverson)
- Mara Ellerkamp (daughter of Amanda Ellerkamp)
- Jeremiah Jilek (son of Doug Jilek)
- Jersey Erie (daughter of Jared & Brenda Erie)



STAFF SPOTLIGHT:

JENNIFER ROSARIO



Jennifer Rosario (Mental Health Counselor) was picked to attend a 3-day training for Accelerated Resolution Therapy (ART) at the Badlands Human Services Center on July 15-17.

Accelerated Resolution Therapy (ART) is a unique approach to psychotherapy. ART is unique because the ART Therapist guides

the client to replace the negative images in the mind that cause the symptoms of Post-Traumatic Stress with positive images of the client's choosing. And this is done quickly, most often within one session! Once the negative images have been replaced by positive ones, the triggers will be gone. Nightmares and repeated intrusive thoughts will stop.

If you are interested in learning more about ART, contact Therapy Solutions to schedule an appointment with Jennifer or one of our other trauma-trained counselors.

HAYLEE'S RECIPE:

ZUCCHINI CUPCAKES

- 3 eggs
- 1 1/3 cup sugar
- 1/2 cup vegetable oil
- 1/2 cup orange juice
- 1 tsp. almond extract
- 2 1/2 cup flour
- 2 tsp. cinnamon
- 2 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. salt
- 1/2 tsp. ground cloves
- 1 1/2 cup shredded zucchini



Frosting:

- 1 cup packed brown sugar
- 1/2 cup butter or margarine
- 1/4 cup milk
- 1 tsp. vanilla
- 1 1/2 - 2 cup powdered sugar

Directions:

Beat eggs, sugar, oil, orange juice and extract. Add dry ingredients. Fill greased or paper lined cupcake pan 2/3 full. Bake 350 degrees for 20-25 minutes. Cool for 10 minutes.

Frosting: Put brown sugar, butter, and milk in sauce pan. Bring to a boil on medium heat. Cook and stir for 2 minutes. Remove from heat and stir in vanilla. Cool. Gradually beat in powdered sugar until frosting reaches spreading consistency.