

EDUCATE | PROMOTE INDEPENDENCE | IMPROVE FUNCTION



BOOKS

what we recommend

- » **Atomic Habits** by James Clear - An easy read full of practical strategies that teach you to create small habits, which lead to big changes!
- » **A Return to Love** by Marianne Williamson - A classic book that teaches how accepting and practicing love can make our own lives more fulfilling while creating a better world for our children.
- » **The Power to Change** by Craig Groeschel - This author and minister engages the reader in practical and biblical principles to discover how to make change when change seems impossible.



REMINDER!
Our first Health Fair of the year is around the corner!

How Well Are You Aging? - A Holistic Assessment of Your Health

WEDNESDAY, APRIL 17 | 10:00 AM-12 PM | TRIO REHAB CLINIC
Slots will be every 10-15 minutes depending upon the number of sign-ups.

We will look at risk for depression, pain, walking speed, and the 8 dimensions of health. The 8 dimensions of health include emotional, physical, occupational, social, spiritual, intellectual, environmental, and financial. You will leave this event with 1-2 practical strategies to improve your health and age well!

Registration is required for this event.
Call to confirm/or click on this link:

triorehab.com/events



HEALTH FAIRS

Can't make our April health fair? Your next opportunity is October 16th (time TBD). The focus of our October health fair will be Fall Risk Reduction - How to Create an Action Plan.

looking for more workshops?

MAY 08 Difficulty Swallowing (Dysphagia)
Hosted by Karen Ross, SLP-CCC
12:00 pm - 1:00 pm

Come to this FREE workshop to hear how speech therapy can help those with dysphagia!
Light lunch & beverages provided.

Karen Ross, SLP, will be providing a workshop on Dysphagia or difficulty swallowing. **Signs and symptoms of difficulty with swallowing include but are not limited to:** gagging/coughing while eating, a "wet" or gurgly voice after eating, and frequent episodes of upper respiratory infections or pneumonia. Call to confirm/or click on [link](#). Registration is required for this event.

SEPT 18 Fall Prevention - Practical Strategies to Keep You Upright!
Hosted by Dr. Suzanne McCrum, PT, DPT
and Dr. Jennica Colvin, OT, OTD

NOV 06 Progressive Disease Management - How to Instill Hope for Those With Parkinson's Disease and Other Movement Disorders
Hosted by Dr. Jennica Colvin, OT, OTD



words of wisdom

CORNER

"You are never too old to set another goal or to dream a new dream."

C. S. Lewis



our vision

Provide individualized therapy in order to improve all persons quality of life.

our mission

Trio Rehabilitation & Wellness Solutions provides Physical, Occupational, and Speech Therapy for adults in a one-to-one setting.

Our experienced therapists will teach you how to improve independent function and fully participate in life.



Provide personalized, one-on-one care. We provide individual treatment plans.



Never overbook or leave our patients unattended for long periods of time. We care about our clients and their time.



Receive ongoing education and training to ensure we stay up-to-date on the latest and best treatment programs available.



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It's time to CELEBRATE!



April is Occupational Therapy (OT) month! Over the years, Jennica Colvin, Occupational Therapist, has been on a mission to teach her community about OT. She even created an entire program to teach doctors and other healthcare providers about OT to increase the utilization of OT for community dwelling adults who would benefit from the services of an OT.

Occupational Therapy (OT) is a therapeutic modality facilitated by dedicated occupational therapists, aimed at empowering individuals of all ages to actively participate in the activities essential for daily living. From the playful endeavors of toddlers, fostering crucial developmental

skills, to the relational and household management tasks of older adults, every individual engages in meaningful occupations. When disabilities hinder one's ability to partake in these vital activities, their overall well-being suffers. Enhancing participation in occupations profoundly impacts well-being within these diverse populations.

Occupational therapists deliver comprehensive treatments typically spanning one hour, incorporating a range of interventions. These interventions encompass cardiovascular exercises, retraining/adapting activities of daily living (ADLs), motivational interviewing, decision-making tools, motor imagery, action observation, circuit training, dual-task exercises, and mindfulness meditation. The overarching aim is to facilitate progress toward client-selected goals, fostering independence and fulfillment.

When is the optimal moment to discuss a referral to Occupational Therapy with your primary care physician (PCP)? If you're enrolled in Medicare, your PCP should inquire about your capacity to engage in activities essential for daily living. When this topic arises, seize the opportunity to request a referral to OT if you find yourself encountering limitations in the daily activities you aspire to perform more effectively!

[Want to learn more? Click here!](#)



Let's be Social.



Watch our Facebook and IG sites for more information throughout April for Occupational Therapy Month.



ANNOUNCEMENT: PELVIC FLOOR IS RETURNING IN MAY!

Dr. Suzanne McCrum, PT, DPT and Cristina Bowen, PTA will be providing this service. We are accepting limited referrals for the month of May and will fully open this service in June.

In the meantime, check out all the other services we offer so you can live your healthiest life:

SCHEDULE AN APPOINTMENT HERE

We provide the following services:

- ✓ Physical Therapy
- ✓ Occupational Therapy
- ✓ Speech-Language Pathology
- ✓ Vestibular Rehabilitation (Dizzy Therapy)
- ✓ LSVT Big & Loud (Parkinson's Disease Therapy)
- ✓ Stroke Rehabilitation (Stroke Certified)
- ✓ Swallowing Therapy
- ✓ Certified Hand Therapy (CHT)
- ✓ Cognitive Therapy
- ✓ Lymphedema Therapy
- ✓ Dry Needling