

EDUCATE | PROMOTE INDEPENDENCE | IMPROVE FUNCTION



PODCASTS

what we're listening to

- » **MMOA Podcast** - MMOA stands for Modern Management of the Older Adult. This podcast breaks through the stereotype of ageism and empowers the older adult to engage in healthy behaviors including strength training at age 90!
- » **Jordan B. Peterson Podcast** - A podcast that may give you a different perspective and modern understanding of your creativity, competence, and personality.
- » **Stuff You Should Know** - If you have ever wanted to know about champagne, the Stonewall Uprising, chaos theory, or El Niño then look no further!

A Successful First Health Fair of the Year!



Our first Health Fair of the year was a smashing success! Kara Short, PT, DPT, and Jennica Colvin, OT, OTD, had a blast working with clients to walk them through determinants of healthy aging.

Couldn't make it? Remember, we have a second Health Fair scheduled for Oct 16th, where our PTs will test and teach you about fall risk reduction.

Fall Risk Reduction - How to Create an Action Plan

WEDNESDAY, OCT 16 | TIME TBD | TRIO REHAB CLINIC
More details soon!



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

"Never run barefoot in a dog park."

Unknown



ANNOUNCEMENT: PELVIC FLOOR HAS RETURNED!

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.



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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May is Speech and Hearing Month!

Did you know a speech therapist can help adults and children? Speech-language pathologists (SLPs) focus to improve your ability to communicate! They often treat the following 4 diagnoses:



Watch our Facebook and IG sites for more information throughout the month of May.



MAY IS STROKE AWARENESS MONTH



If you have survived a stroke and continue to need therapy intervention in order to improve your motor control, we can help! Since stroke is considered a chronic condition, therapy throughout the lifetime is not only important it is recommended to keep safe, motivated, and working hard to be the best version of yourself possible.

Click each image below for stroke recovery resources:



[AMERICAN STROKE ASSOCIATION](#)



[TRIO BLOG](#)

[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

We accept most major health insurances; click here to learn more: triorehab.com/patients.