

EDUCATE | PROMOTE INDEPENDENCE | IMPROVE FUNCTION



*a favorite*  
FALL RECIPE

## WHITE BEAN KALE & SAUSAGE SOUP

### What You'll Need

- » Olive oil
- » Smoked sausage links
  - » Garlic
  - » Chicken broth
  - » Kale
  - » Bay leaf
  - » Garlic powder
  - » White beans
- » Salt & freshly ground black pepper

Follow along at [fivehearhome.com/easy-white-bean-kale-sausage-soup/](https://fivehearhome.com/easy-white-bean-kale-sausage-soup/)

[GET THE RECIPE HERE](#)

## Fall Prevention Day is September 22nd!



Falls are a significant public health issue in the United States, particularly among older adults. Here's an overview of the prevalence of falls:



**Old Adults:** About 1 in 4 Americans aged 65 and older falls each year. Falls are the leading cause of injuries among older adults. Women and more likely to experience falls than men. Additionally, white older adults have higher rates of falls than other racial and ethnic groups.



**Hospitalization:** Over 800,000 patients a year are hospitalized because of a fall injury, most often a head injury or hip fracture.



**Risk Factors:** The risk of falling increases with age and is more prevalent in those with mobility issues, chronic conditions such as diabetes or arthritis, vision impairment, and those taking medications that affect balance.

## Seek help if you are at risk.

Advocate for yourself. Ask your doctor for a referral to PT if you feel unsteady on your feet. You can also use Trio's home assessment or ask an OT to come to your home to complete the assessment ([triorehab.com/prevent-falls](https://triorehab.com/prevent-falls)). Your insurance will pay for both PT and OT services!

## Upcoming Workshops and Health Fair

OCT 16 *Health Fair*

The focus of our October health fair will be Fall Risk Reduction - How to Create an Action Plan. 12:00 - 2:00 pm.

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

Dr. Jennica Colvin, Occupational Therapist, will be speaking about the strength of hope when diagnosed with Parkinson's Disease. Topics that will be covered include the role of consistent exercise, social support, and how collaboration between the person with PD, the therapist, and the doctor improve satisfaction in care!

“

*words of wisdom*

### CORNER

“Ordinary people list all the ways something can't be done. Exceptional people find the ways it can be done!”

Don Ruggles, previous client



### 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.



1022 RIVER RD, SUITE 6 | BOERNE, TX 78006  
INFO@TRIOREHAB.COM | TRIOREHAB.COM  
830-331-8604 | E-FAX: 1 (855) 923-0869

# RISE

Starting  
**OCT 1**  
2024



[CLICK HERE TO LEARN MORE](#)

RISE is a wellness program for people with Parkinson's disease and other movement disorders that supports slowing the progression of these disorders using anecdotal and evidence-based interventions.

RISE	Monday	Tuesday	Wednesday	Thursday	Friday
1 - 2 pm	CARDIO + MOVE*	CIRCUIT + STRENGTH*	CARDIO + MOVE*	HIFI*	
2 - 3 pm		SPEECH + SWALLOW		SPEECH + COMMUNICATION	
*Classes will be held at Anytime Fitness. Speech Sessions will be held at Trio.					

### Class Descriptions (Click the button above for details)

**CARDIO + MOVE:** 30 minutes of cardiovascular exercise using heart rate monitoring followed by 20 minutes of large amplitude movements to support flexibility and stamina.

**CIRCUIT + STRENGTH:** Rotate through stations that focus on skills such as balance, strength, and functional mobility incorporating strength training for some stations.

**HIFI:** High-Intensity Functional Interval (HIFI) will ensure heart rates are at each participant's working level for the majority of the class. Both standing and sitting modifications will be offered. All will be encouraged to stand with assistance for part of the class.

**SPEECH + SWALLOW:** Posture and exercises to improve/maintain strength of the oral-motor cavity will be used to decrease the risk of difficulty with swallowing.

**SPEECH + COMMUNICATION:** Posture, breathing, and biofeedback will be utilized to decrease facial masking and improve socialization.

## LOVE OUR SERVICES? SPREAD THE WORD!

Please continue spreading the word about our services! You can support us by sharing your experiences with friends and family, mentioning us to your doctor, and leaving a Google review. We love what we do and want to ensure those who need us can easily find us!

### REQUEST 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](https://triorehab.com/patients).