

November Word Search

M A J Y D H M Z L A C J O X L
S I P I R B A L V O G B I K E
Q G Y P K R A R R X N O U U A
S A J V L B E N V U X D S N V
F I Z P T E S B S E Q V P Y E
Z W P O R T S A N F S T O A S
Q Q O I A Z G F G A Q T P D I
G F D L G O U R D S R U Y N L
J N K H S A U Q S Y M C H O U
J S I I W M H C E P N X A I F
H Z G F S T T K K D Y I U T K
C G L Z F N R I N P Y V T C N
A I P O C U N R O C O B U E A
L A H V T D T V R V Y Z M L H
O M S U V K V S S M I P N E T

Thankful
Harvest
Pumpkin
Autumn
Leaves
Apples
Cornstalks
Gourds
Cornucopia

Turkey
Election Day
Football
Squash
Cranberry
Stuffing



Drop by the ONR TOUCH office for the answer sheet



LIVING WELL

November 2021

Fall into a Healthy Lifestyle



In This Issue

What is Physical Therapy?
Benefits of Physical Therapy
When Do I Need Physical Therapy
4 Exercises You Should Try at Home

Your ONR Team



Director of Rehab
Elsie Wang, OTR/L, MA

Our goal is to
TOUCH lives
through a
compassionate
and innovative
approach, which
will allow those
under our care to
experience life to
its fullest!

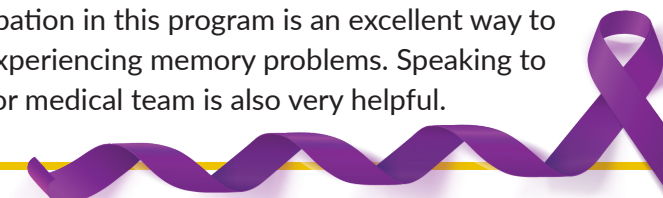
It's November! The last fall month of the year and the time of harvest. November is the month to appreciate our family, friends and, on November 11th, we honor all branches of the military on Veteran's Day. Originally called Armistice Day to celebrate the armistice of November 11, 1918 which ended fighting between the Allies and Germany. The holiday officially became Veteran's Day in 1954.

We at ONR, Inc. would like to take a moment to acknowledge the service and sacrifice of our nation's heroes. We are so thankful for their service! It is a tremendous honor to provide them with the high-quality care and resources they need to lead healthier, happier lives.

November is ... National Alzheimer's Disease Awareness Month

November was originally designated as National Alzheimer's Disease Awareness Month by President Ronald Reagan in 1983. Whether it's during November or any other time of the year, understanding Alzheimer's disease can improve the quality of life for those with previously undiagnosed Alzheimer's.

Many people take part in the National Memory Screening Program. This free program is available nationwide and provides confidential memory screenings to anyone interested. Participation in this program is an excellent way to see if you or a loved one is experiencing memory problems. Speaking to your primary care physician or medical team is also very helpful.



Meet Your Director of Rehabilitation



Elsie Wang is the Director of Rehabilitation at Cogir of Bothell Memory Care. She graduated from University of Southern California with a masters of occupational therapy. With more than 10 years of serving the Greater Seattle area, she enjoys working the geriatric population and has experience ranging in a variety of settings including skilled nursing, assisted living, adult day health and mental health.

She has taken extensive training in post-op recovery for joint replacement, cardiac rehabilitation, pain management and cognitive assessment and interventions. Other areas of interest include universal design and myofascial release. She also has experience in grant writing for rehabilitative engineering and assistive technology projects.

Elsie grew up in Taiwan and speaks Mandarin fluently. In her spare time, she enjoys reading, baking, hiking and spending time with her family including an orange tabby and a Chug.

Please come visit and set up an appointment for your complimentary screening today!



ONR TOUCH at Cogir of Bothell Memory Care
10605 NE 185th St, Bothell, WA 98011
Phone: (833) 950-1506 • Fax: (425) 984-8839

Stay Hydrated During Fall

It is easy to stay hydrated in summer yet when fall rolls in, most of us become less proactive to stay hydrated. Proper hydration is very important all year round. Here are 10 tips that will help you stay hydrated during fall.

1. **Include more fruits into your diet.** Fruits are an excellent source of water.
2. **Add more veggies to your meal.** Vegetables such as zucchini, broccoli, baby carrots are a great source of water.
3. **Limit caffeinated beverages.** These drinks, such as coffee, can cause dehydration and intake should be limited.
4. **Stay away from carbonated drinks.** They may upset your stomach and make it harder to drink enough water to stay hydrated.
5. **Consider alternatives to water.** If you don't like the idea of just plain water, try unsweetened coconut water, nonfat milk, or low-sugar smoothies.
6. **Get creative.** You can make it more attractive to drink water when you try infusing it with lemon, orange slices, lime, melons.
7. **Enjoy more salty foods and soups.** Salt will help your body retain water. Tomato soup among others are not only delicious, but they are also a great way to stay hydrated.
8. **Drink hot chocolate.** This drink provides you with all the benefits you get from water and it also comes with warmth.
9. **Set a plan to drink more water.** Use timers and phone reminders to help you stick to your plan.
10. **Take your water bottle.** Having your water bottle on hand will encourage you to replace any water you may lose throughout the day.

Treating Diabetes Through Rehabilitation



November is American Diabetes Month—a great time to make a commitment to live a healthy, active lifestyle. For many, a healthy diet and regular exercise are self-prescribed ways to feel better. But for people with diabetes, diet and exercise often are medically recommended to help treat the disease.

There are different types of diabetes, with the most common form called Type 2 or adult-onset diabetes. People with this type of diabetes can produce some of their own insulin, but often it's not enough. Some of the common symptoms of diabetes include:

- ✓ Feeling very thirsty
- ✓ Frequent urination
- ✓ Feeling very hungry even when you've eaten
- ✓ Blurry vision
- ✓ Fatigue
- ✓ Slow healing cuts or bruises
- ✓ Tingling, pain or numbness in hands or feet

Treatment for diabetes usually includes diet and exercise—and medicine if sugar levels remain high after lifestyle adjustments. Diabetic residents who work with the ONR therapy team are often provided a medically supervised care plan that includes physical exercise, modifying or adapting daily activities, and how to navigate mealtime safely.

Exercise helps control diabetes because it allows glucose to enter the cells without the use of insulin. It also can help lower blood glucose levels and blood pressure. In addition, exercise assists in weight loss and improves balance and energy levels.

A combination of both aerobic exercise and resistance training has the most positive effect on blood glucose levels. Physical therapists can help individualize and supervise exercises that will be the most beneficial to a resident. They monitor the exercise program to ensure safety and progress, while improving and maintaining sugar levels.

Occupational therapists can effectively educate and train diabetic residents to modify current habits and routines and develop new ones to promote a healthier lifestyle and minimize disease progression. They can assist residents to develop simple, concrete, measurable, and achievable self-management goals.

A healthy diet also is integral to managing diabetes. Residents who have swallowing difficulties may work with a speech therapist to develop a meal plan with the proper diet and liquid consistencies to eat effectively and safely.

Typically, through rehabilitation, residents not only receive treatment, but are educated on how to manage the disease to the best of their ability in their everyday lives. This helps them to live as independently as possible.

Cranberry Orange Smoothie

As you can see by the bright pink color, this smoothie is loaded with antioxidants including lots of vitamin A and C.

Ingredients

- 1 cup frozen cranberries
- ¾ cup unsweetened almond milk (or other non-dairy milk)
- 1 fresh or frozen banana
- 1 orange (peeled and quartered)
- ½ tsp. cinnamon
- 1-2 tbsp. hemp seeds
- ½ tsp. raw honey (if desired)

Instructions

Add all ingredients into a high-speed blender or food processor and blend until smoothie!



Enjoying a Safe Holiday Season

Thanksgiving through the New Year, a five-week period where the holiday celebrations are in full swing. While rituals vary from person to person, by religion and culture, one practice seems to be universal—sharing a meal.

For most, swallowing is an automatic process that takes place with little thought. However, the process of swallowing is actually an extremely complicated and coordinated process. Moving food from the mouth through the esophagus and down to the stomach involves about 50 pairs of muscles and many nerves working in concert. Swallowing also has many phases; oral, pharyngeal, and esophageal. It may appear in one of the following forms:

- difficulty with chewing,
- feeling of food getting “stuck”,
- difficulty with swallowing,
- coughing or wheezing during or after meals,
- having a “wet” sounding voice after eating or drinking, or
- residue in the mouth after swallowing.

Eating with families during holidays should be an enjoyable, not a stressful and worrisome experience. Despite their title, Speech Therapists (ST) are trained individuals specializing in swallowing, determining appropriate textures, and providing family training on how to prepare different diet textures.

Seek out your TOUCH ST today to assess or improve your swallowing for a stress free and merry holiday season!

Source: <https://www.yalemedicine.org/conditions/dysphagia-difficulty-swallowing>