

# CONNECTIONS

FULL SENIOR CARE: REHAB THERAPY, SENIOR CARE & ASSISTED LIVING NEWSLETTER | APR 2025

## Occupational Therapy Month

Disabilities, illnesses, and injuries can often cause difficulties in daily living. Activities such as bathing, getting dressed, cooking, or driving may be challenging. Occupational therapy is a beneficial resource for addressing these challenges and improving capabilities. Occupational therapists are healthcare professionals who work with people of all ages to help them live more independently.

Occupational therapy practitioners help their patients accomplish their goals through a variety of methods, including:

- **Demonstrating exercises that will help**

### increase mobility

- **Developing techniques to aid concentration, memory, and executive function**
- **Recommending appropriate adaptive equipment such as eating aids, shower chairs, or walkers, and teaching the patient how to use the equipment**
- **Recovering and improving the patient's skills through the therapeutic use of daily activities**
- **Intervening with preventative measures or exercises to reduce the risk of future illness or injury**



April is Occupational Therapy Month and is a great time to show appreciation for the occupational therapy practitioners who help people live their lives to the fullest. If there is an occupational therapy practitioner in your life, take the time to thank them this month!

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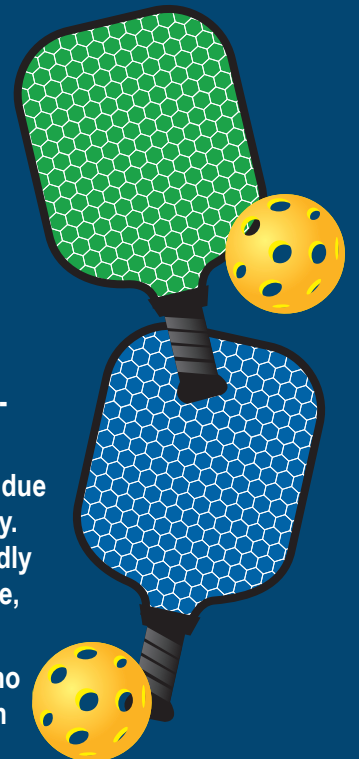
## Learning About Pickleball

Have you heard of pickleball? The sport's name is said to have come from a dog named Pickles, who would chase after the ball. Over time, pickleball has evolved into one of the fastest-growing sports, but the name stuck.

Pickleball combines elements of tennis, badminton, and table tennis, played on a smaller court with a plastic ball and solid paddles. It's easy to learn, low-impact, and can be played indoors or outdoors.

Its popularity is soaring, especially among seniors, due to its social nature, health benefits, and accessibility. The game fosters connection, provides a joint-friendly workout, and requires minimal equipment and space, making it ideal for all ages.

With April being National Pickleball Month, there's no better time to try something new and get involved in this exciting and fast-growing sport!



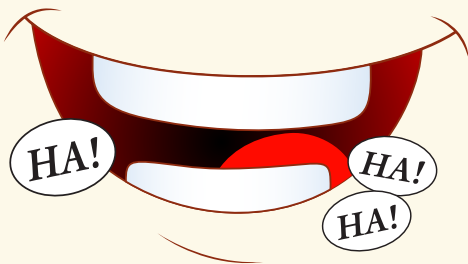
## Laughter: A Simple Remedy for Stress

Stress is a part of life, but humor can help lighten the load. While it may not eliminate stress entirely, laughter triggers brain chemicals that boost mood and promote relaxation.

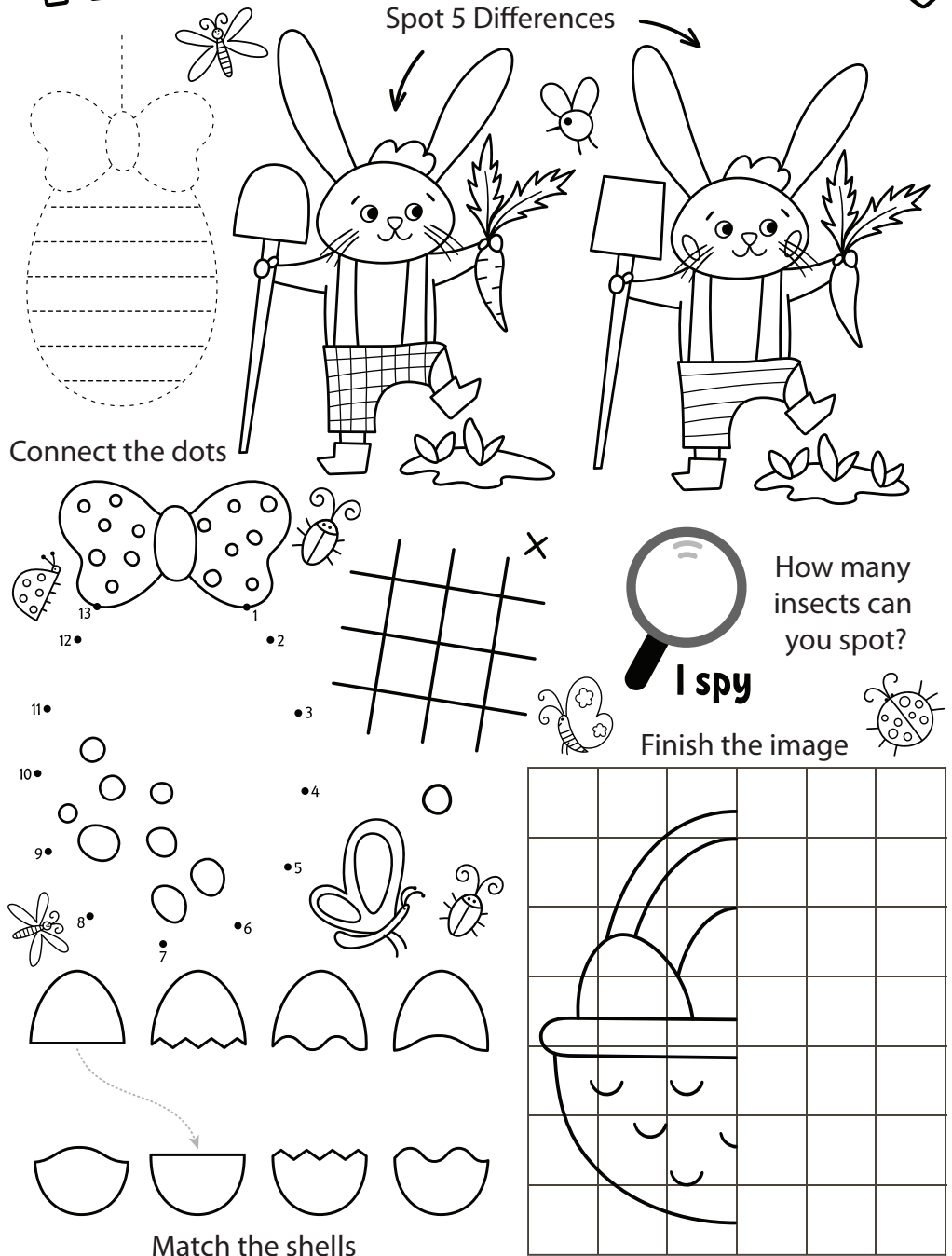
Make it a habit to laugh often—whether through TV, movies, online videos, or jokes. Humor is personal, so find what genuinely makes you laugh, even if others don't share your sense of humor. With endless sources of comedy online, from memes to funny stories, a daily dose of laughter is always within reach.

Surround yourself with things that bring joy, like joke-a-day calendars, funny T-shirts, or lighthearted stickers. Keep a "humor file" filled with comics, memes, and jokes for an instant mood boost—one you can also share with others who might need a lift.

Best of all, laughter requires no prescription and has no side effects. But if stress feels overwhelming, consult a physician to rule out underlying health concerns and explore additional ways to manage it.



# HAPPY EASTER



## Find Purpose, Share Joy!

Volunteer with us and make a difference in the lives of our residents. Whether a few hours a week or more, your time brings friendship, fun, and plenty of smiles.

Contact us today!