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## Amazing August



August is here! Originally the sixth month of the year, it was changed to the 8th month and named August after the first Roman emperor, Augustus. The Dog Days of Summer, the hottest days of the summer, continues this month, until August 11th. While August is known for its hot and humid weather, that doesn't mean you can't have fun this month. There are a lot of fun holidays in August, such as National Watermelon Day (August 3rd) and National S'mores Day (August 10th). August 26th is Women's Equality Day, the day when the Nineteenth Amendment was ratified in 1920. With it came the women's right to vote in the United States.

## Your ONR Team



Director of Rehab  
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Monique Liggins, PTA



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## ONR Wellness Class

Bring your mask & join therapists for a  
**FREE** exercise class every Wednesday  
at 10:00 am in the Activity Room!



# 4 Ways To Help You Think Positive

New research suggests positive thinking can greatly impact your overall health. Negative thinking can cause your brain to change in ways that increase your chances of getting Alzheimer's disease. Here are 4 ways to help you think positive.

1) **Try an exercise class.** Exercise can not only improve physical strength and mobility, but they also allow you to interact with other people and make friends.

2) **Watch what you eat. Food affects your mood.** There are some foods that are proven to help improve mood, such as omega-3 fatty acids, which can be found in fish, zinc, and vitamin B from fruits and vegetables.

3) **Stay connected with friends and family.** Loneliness and isolation have the biggest impact on mental health. While it may be difficult to interact with friends and family who have other priorities in life, there are several ways you can still interact with people. Join social clubs or fitness classes and try to interact with new people. In fact, a study found that as little as 10 minutes of contact and conversation with a new person leads to brain stimulation and improved mental cognition.

4) **Keep your mind occupied and busy.** Small daily activities can help keep the brain engaged and keep depression at bay. Reading, writing, and doing puzzles, such as Sudoku and crosswords, are great ways to keep your brain active and can be fun and don't require too much energy.

## What Does ONR Stand For?



We have received many questions asking what ONR stands for. Orthopaedic and Neurological Rehabilitation, known as ONR, stands for high-quality therapy, wellness, and fitness services provided to your community.

### History

ONR was founded in 1988 by Jill Capela, a Speech-Language Pathologist with entrepreneurial foresight. She recognized a need to create a company of rehabilitation professionals dedicated to enhancing residents' quality of life through a progressive therapeutic approach.



### Who We Are

ONR is a diverse network of therapists with a goal-driven mindset. ONR therapists collaborate with you to understand your issues and drive implementation of rehab solutions to enhance your community and allow residents to experience life to its fullest.

The rehabilitation department's goal is to provide the highest quality service to each individual resident with individualized treatment plans. Our therapy services are most effective in a collaborative environment which involves the entire interdisciplinary team.

**For more information on our services and programs, please speak to your ONR therapist.**

## Group Fitness

We all know that exercise is good for us, and contrary to popular belief, poor balance and muscle weakness have more to do with inactivity than age.

Implementing a regular exercise routine into your life can have a dramatic impact on your health and well being. Regular exercise is proven to lower blood pressure, reduce the risk of serious conditions, improve balance and flexibility, improve sleep, and enhance mood and self confidence, just to list a few.

Joining your community group exercise class is a great way to establish a fitness routine while getting to know your neighbors and make new friends. If you are apprehensive, ask a friend to join you. Classes are available for all activity levels, so you will always be comfortable, and we know you will have a great time.

Check your community's calendar to see what classes are available, and we look forward to seeing you at the next class!



## 4 Alternative Forms of Therapy

In addition to therapy, there are other activities that can greatly benefit your overall health and well-being. Here are 4 alternative forms of therapy you can try:

1) **Music therapy.** There are several ways to implement music therapy into your daily life, such as listening to music while reading, exercising, or dining with friends and family. Singing or playing an instrument can also be beneficial, especially when completed in a group setting. Music is known to improve one's mood, encourage socialization, and enhance your quality of sleep.

2) **Art therapy.** Art and crafts are an excellent way to stimulate the brain. There are many different outlets to try such as painting, drawing, scrap booking, and photography. Art therapy can help provide a sense of control, alleviate anxiety and depression, and improve your self-confidence.

3) **Yoga and tai chi.** Yoga is known for its many benefits, such as reducing bone thinning, the risk of osteoporosis, and weight gain. Yoga and tai chi can improve strength, balance, and flexibility, which in turn can help reduce falls and improve joint health.

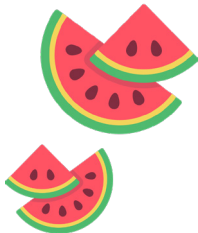
4) **Aquatic therapy.** Whether it be swimming or water aerobics, aquatic therapy offers a vast amount of physical and mental benefits. Water-based exercises can help alleviate pain, relieve stress, increase joint flexibility and improve muscle strength.

Speak to an ONR therapist to see if any of these alternative therapy activities can benefit you.

## Watermelon Mocktail

### INGREDIENTS

Fresh watermelon  
Fresh-squeezed lime juice  
Seltzer (plain or flavored)  
Fresh mint



### INSTRUCTIONS

1. Add diced watermelon and lime juice to blender, and blend until its smooth.
2. Filter out the pulp with a strainer. This step is optional, you can leave the pulp in if you prefer that.
3. Muddle mint leaves into pitcher and pour the juice into the pitcher and place into fridge for 2 days
4. When ready to serve, fill a glass 2/3 full over ice and add the seltzer at the end.



# August Word Search

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

Augustus  
 Beach Ball  
 Beautiful  
 Exercise  
 Gladiola  
 Golf  
 Humid  
 Nature  
 Peridot  
 Poppy  
 Smores  
 Summer  
 Sunny  
 Swimming  
 Watermelon



*Drop by the ONR TOUCH office for the answer sheet*

## Otago Exercise Program

Have you fallen in the last year? Are you fearful of falling? Do you have trouble with your balance? Are you able to walk independently within your residence with or without an assistive device, such as a walker or cane? If you answered yes to any of these questions, you could benefit from the Otago Exercise Program to help reduce your risk of falling.

The Otago Exercise Program is an evidence-based balance and strengthening fall reduction program. Otago began in New Zealand and was developed, tested, and demonstrated to be most effective for reducing falls and fall-related injuries among individuals over 80 years of age and those who have had a fall in the previous year. However, adults of any age may benefit.

The Otago Exercise Program typically entails approximately seven visits with a physical therapist to assess and establish a home exercise program for fall reduction. Additionally, attendance in Otago-specific group exercise classes are recommended. Your physical therapist may also prescribe a walking program for you.

**For more information on this program, speak with your ONR TOUCH therapist today.**



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