

# YOUR HEALTH AND WELLNESS NEWSLETTER

NOVEMBER 2019 VOLUME 2 ISSUE 8

## News From Our Community

### Adaptive Hike

It's good to get out of the clinic and explore! Our team members Sean, Nicole, and Sandy went out ahead of time and mapped out an adaptive hike, about a half mile into the woods and around Pickerel Lake. "This is something we talked about and were excited about in the summer of 2018, however did not come to fruition until this October," said Sean Stacy, PTA. Fortunately, the weather cooperated and it ended up being one of the nicest weekends in October. Approximately 25 individuals of all ages and abilities joined in on the adventurous hike. Following the hike, they met at a park down the road, ate cookies, snacks, and grilled brats. Follow our Facebook page to stay tuned on upcoming events for Common Threads, anyone can take part in these events.



### Caregiver's 3-Part Series



Our therapists Rachael, Dereck, Megan, and Christine spent three of their Saturdays launching a supportive, educational series for nonprofessional caregivers. The series included education on spasticity management, wound prevention, equipment use, home exercise/stretching, and more. The participants benefited from having the therapist expertise, having the "hands on" opportunity, and having the opportunity to connect with other

caregivers that are going through similar experiences. The attendees verbalized the need for education and support in their community. One attendee who has lived in several different states during his 26 years of caregiving, has never seen anything like this offered. Another attendee walked away feeling refreshed, as she felt this was a missing piece in the continuum of care. LBBRG is dedicated to treating the whole person, which includes family and caregivers. We will continue to offer this Caregiver's Series in the future, in addition to a supportive caregiver's meetup group in Rockford. There will be more information to follow in future newsletters and our facebook page.

### COMMUNITY EVENTS NEAR ROCKFORD

Wheeling Warriors  
Meetup LBBRG  
11/21/19 12:00-1:00 PM

Thanksgiving Break  
Office Closed 11/28/19-  
11/29/19

**"Not what we say  
about our blessings,  
but how we use  
them, is the true  
measure of our  
thanksgiving."**

~ W.T. Purkiser

**Save the Dates**  
**Ugly Sweater Day**  
Rockford: 12/9/19  
Traverse City: 12/10/19  
More details to follow