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For more information regarding our upcoming and ongoing events, please visit our website at www.lafayetterehabilitation.com.

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"PLAYING" IT SAFE

Summer is almost here. Flowers and trees are blooming, the birds are whistling and people are heading outside to enjoy the good weather. Outdoor activities can be fun for everyone but please keep safety in mind when experiencing any activities held in the ever-changing outdoors.

May, June and July are all national fitness and safety months of some sort. So let's get off the couch and get active. There are many things that you can do outdoors that are absolutely free. Take the family to the Lafayette Columbian Zoo, enjoy watching the kids as they play in the park, you can take a bike ride on a trail that is close to your home. You could go rollerblading, jogging or walking with friends. You could play tag with your children; you're never too old for a good game of tag. Just make sure there aren't any things that people could trip over.

Fishing is also a great way to experience the outdoors by itself or combine it with boating, picnicking, camping and viewing wildlife.

I remember spending many summer days with my brother, sister, mom, dad and my grandpa Frog fishing at the Sullivan County Lake. Those days hold some of my fondest memories of my grandpa Frog.

Fishing isn't a dangerous sport, but as with any activity there are some safety tips which should be followed. Always handle fishing tackle carefully, make sure to look behind you before casting. Take it from me, getting a bass lure caught in your knee hurts like crazy. Whenever around water, small children should wear a Coast Guard approved life jacket. Shoes should always be worn whether fishing on shore, in a boat or wading in water. You can also get a nice tan while you are outdoors; just make sure that you use sun block.

So you grab a line I'll grab a pole and let's head down to the fishin' hole.



Bike Riding Ways to NOT Get Hit

1. Get a headlight and rear light. If you are riding at night.
2. Wave. If you can't make eye contact with the car's driver, wave your arms.
3. Ride further left in the lane. Car drivers aren't looking in the curb area; they are looking in the middle of the lane for other cars, so if you are further left there is a better chance they will see you.
4. Don't ride on the sidewalk.
5. Don't ride against traffic. Ride with traffic, in the same direction.
6. Look behind you before turning.
7. Don't pass on the right. Doing so means the car you're passing could make a right turn right into you.
8. Signal. Never move left without signaling. Just put your left arm straight out.
9. Wear reflective clothing. This makes you a lot more visible even in the day time.
10. Choose wide & slow streets. Use back streets on weekends.

Successful Community Event



In celebration of Occupational Therapy month, LRS held a free community event at Bennett's Green House on April, 13th. Many people stopped by to learn about ergonomic gardening. LRS therapists Gail Dodge, Ann McPherson and Marianne Fleming were on site to educate and to answer any questions. This was just one way LRS has given back to the local residents for their support in keeping us a successful therapy facility for the last 20 years. We hope to make this an annual event.

Planting Knowledge Everywhere We Go



On May 2 Marianne Fleming and Anna Ross were part of the annual JWF Educational Seminar held in Indianapolis. They displayed tips and educated people on garden safety. Many attendees got a chance to see how choosing the right gloves can make the job easier. In attendance were many Human Resources Teams, Nurse Case Managers, Insurance Adjustors and medical professionals.

Get Fit Tips

- Challenge your kids or friends to a friendly game of touch football.
- Wash your car by hand.
- Sign up for a dance class with friends.
- Plant and care for a garden.
- Go swimming.
- Instead of calling a friend, take a walk together to catch up.
- Walk while golfing instead of using a cart.
- Walk up and down the field while you watch your child(ren) play sports.
- Choose stairs instead of elevators.

New Indiana Law Gives Patients Direct Access to Physical Therapists

On April 29, 2013 Indiana Gov Mike Pence signed HB 1034, granting Hoosiers direct access to evaluation and treatment by a physical therapist (PT) without a physician referral. Ensuring a patient's choice in which health care professional to see and when, has been a longtime goal of the American Physical Therapy Association (APTA) and its state chapters. Passage of HB 1034 signifies a landmark moment for the physical therapy profession in that all 50 states and the District of Columbia now allow patients to be evaluated by a physical therapist without a referral. **The new law takes effect July 1, 2013.**

The bill permits patients to be evaluated and treated by a physical therapist for 24 calendar days without a referral from a physician or other provider. Prior to passage of the new law, a referral was required for all physical therapist services, both evaluation and treatment.

This is a great victory for patients and physical therapist in Indiana. Please feel comfortable calling us and asking any questions you may have pertaining to your therapy needs.

Grilled Honey-Mustard Brats

Ingredients

- 1 cup honey mustard
- ¼ cup mayonnaise
- 2 teaspoons Worcestershire sauce
- 1/4 teaspoon celery seed
- 8 uncooked bratwurst & 8 brat buns

Directions

- In a small bowl, combine the mustard, mayonnaise, Worcestershire sauce and celery seed. Pour 3/4 cup into a large re-sealable plastic bag; add bratwurst. Seal bag and turn to coat; refrigerate for 30 minutes.
 - Transfer 1/4 cup of the sauce to another bowl; cover and refrigerate until serving. Set aside remaining sauce for basting.
 - Drain and discard marinade. Using long-handled tongs, moisten a paper towel with cooking oil and lightly coat the grill rack. Grill brats, covered, over medium heat or broil 4 in. from the heat for 10 minutes, turning frequently. Baste with 2 tablespoons of reserved sauce; grill 3 minutes longer.
 - Turn and baste with remaining sauce; grill or broil 3-5 minutes longer or until no longer pink. Serve brats on buns; top each with 1-1/2 teaspoons sauce.
- Yield: 8 servings.



DON'T FORGET

**We require a doctors script for therapy until 7/1/2013.

**We are the ONLY local Rehabilitation Facility that offers Aquatic Therapy.

**We are conveniently located on the Unity Healthcare campus.