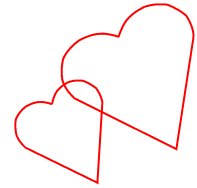




# News For You! From CRC



FEBRUARY 2013

## Carter Rehabilitation & Aquatic Centers

902 Industrial Dr  
Tecumseh, MI 49286  
(517) 423-7722

1525 W Maumee St, Ste 3  
Adrian, MI 49221  
(517) 265-6007

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### February... Who do you Love?

February is the month dedicated to the ones we love, but don't let this affect your ability to look after yourself as well!

We all have the tendency to put other things and other people before ourselves. Make February the month you start making yourself a priority so that you have the energy to put back into taking care of everything else. You will amazingly have more energy to accomplish that never ending "TO DO" list. Start slow, add more time for yourself daily until you feel you have adequate "me" time. A Valentine gift for yourself!



**GIVE THE GIFT OF  
HEALTH  
TO YOUR SPECIAL  
SOMEONE  
THIS VALENTINE  
DAY**



**3 month individual  
membership  
\$61**

**HEART HEALTH MONTH  
GET ACTIVE**

Physical activity=living a longer, healthier life.

**CONTROL CHOLESTEROL**

Schedule a screening and eat foods low in cholesterol and saturated fats and free of trans fats.

**MANAGE BLOOD PRESSURE**

Maintain normal BP (120/70), reduce salt intake, exercise regularly, manage stress, limit alcohol and avoid tobacco smoke.

**LOSE WEIGHT**

Reduce your risk of heart disease by losing weight and keeping it off.

## When Seconds Count, Can You Spot A Stroke?

5 WARNING SIGNS

- 1) Experience sudden numbness or weakness of face, arm or leg especially on one side.
- 2) Suddenly feel like someone's stabbed a knife into your head.
- 3) Suddenly become confused with trouble speaking or understanding.
- 4) Trouble seeing out of one or both eyes.
- 5) Sudden trouble walking, dizziness, loss of balance or coordination.

**IF YOU EXPERIENCE ANY OF THESE SYMPTOMS NOTE THE TIME AND CALL 9-1-1 IMMEDIATELY. Treating a stroke within 3 hours is critical to your chances of avoiding lasting stroke damage.**



**Carter Rehabilitation Center**  
**Scope of Service**

- ◆ Physical Therapy
- ◆ Occupational Therapy
- ◆ Hand Therapy
- ◆ Aquatic Rehabilitation
- ◆ Pelvic Floor Rehabilitation
- ◆ Infrared Light Therapy
- ◆ Social Services
- ◆ Fibromyalgia Wellness Program
- ◆ Community Fitness Program
- ◆ Big Program for Parkinson's Disease
- ◆ Group Exercise Classes

**Upcoming Events**

**Parkinson's Support Group February 7, 1:30 Adrian**

David Cornwell, Chaplain with Great Lakes Caring will be guest speaker.

**Resistance training: Do's and Don'ts of proper technique**

Presented by Ed Stuck Feb 18, 5:30-6:30 Tecumseh

**Chronic Pain & Fibromyalgia Support Group Meeting**

Topic: "Occupations of life: Adapting the Environment to Meet Your Needs." presented by Karen Austermilller, OTD, OTR/L Feb. 25, 5:30-6:30PM Adrian

**Red Cross Blood Drive Feb 28, 11-5 Tecumseh**

**Kelly Carter Scholarship Applications** Deadline March 1, 2013

**Kelly Carter Scholarship Run** July 13, 2013 Tecumseh

**This year we plan to offer occupational therapy services for children diagnosed with an Autism Spectrum Disorder (ASD).**

Occupational therapists work with people of all ages in many different settings. The goal of occupational therapy is to help people to resume healthy, active, productive lives. Occupational therapy for a child with ASD may include evaluation, play, environmental modification, skill development, behavior modification, assistive technology, and sensory strategies.

Occupational therapists can help children with ASD become more independent and develop skills (coping, communication, social interaction, function). The therapist develops an intervention plan based on the needs of the individual child and family. Often times the therapist will collaborate with other health professionals and educators to design a program that allows the child to be successful in all areas of their lives.

For more information please contact Karen Austermilller, OTD, OTR/L at 517-265-6007

**LENAWEE COUNTY AMPUTEE SUPPORT GROUP**

A program for individuals with amputations and their families and friends. Supportive people sharing their experiences, real help from real people. If you are interested in joining this empowering group, please give us a call at the Adrian location 517-265-6007. Our initial meeting will be on February 25th at 5:30 p.m., at Carter Rehabilitation & Aquatics 1525 W. Maumee St., Adrian.

**NATIONAL PATIENT  
RECOGNITION WEEK  
FEBRUARY 1 - 7**

**HUGS & KISSES TO YOU**

