



# CHRISTMAS NEWSLETTER 2005



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The countdown to Christmas has well and truly started and another busy year is drawing to a close. The team at Therapy Professionals Ltd wishes to thank our customers and suppliers for their support over the past year.

In order to help you get through the festive season our therapists have a number of helpful trips.

## **From our Dietitian: Healthy Christmas Tips**

In the tradition of giving and receiving special treats; how about taking up the challenge to look beyond sweets and chocolates as gifts and make up a basket of other goodies for your residents eg glitter packs, nail polish, stickers, stamps, window decorations, music, pictures, small toys, body glitter, small music makers (eg bells), Christmas decorations, with a small selection of chocolates, sweet dried fruit and nuts.

We would love some feedback on your ideas and how they were received.

## **Reduced Fat Ice Cream Pudding**

**Preparation time:** 2 hours soaking; then 10 minutes. **Freezing time:** overnight

**Glace cherries** 200g, red and green

**Apricots** 1 cup dried, chopped

**Fragelico** 2 tablespoons

**Low-fat vanilla ice-cream** 2 litres softened

**Pistachio nuts** 1/4 cup, chopped

Combine the cherries, apricots and fragelico in a bowl. Soak the fruit for 2 hours. Line a 6-cup capacity mould with plastic wrap. In a large bowl, combine the ice cream, fruit and pistachio nuts and stir well to mix. Spoon the mixture into the prepared mould. Cover and freeze to firm overnight. Unmould carefully (place a plate on top of the mould, then invert) and cut into wedges to serve with fresh berries.

**Serves 6**

## **Smoked Salmon Pancakes**

**Preparation time:** 10 minutes

**Cooking time:** 10-15 minutes

**Plain flour** 1.5 cups

**Baking soda** 2 teaspoons

**Baking powder** 2 teaspoons

**Egg** 1, lightly beaten

**Low fat milk** 1 cup

**Life sour cream** 1/2 cup

**Mustard** 1 teaspoon

**Horseradish cream** 1 teaspoon

**Smoked salmon slices** 200 g packet

**Chives** 2 tablespoons, chopped

Combine the sifted flour with soda and baking powder. In a separate bowl, beat the egg and add the milk. Make a well in the centre of the flour mixture and pour in the egg and milk, stir with a whisk till smooth and thick.

Spoon a tablespoon of mixture into a lightly greased, non-stick pan. Cook over a medium heat for 3 minutes, until bubbles appear on the surface. Turn and cook for 1 minute. Repeat with the remaining batter and set aside to cool completely.

Combine the sour cream with the mustard and horseradish. Stir in the chives and season with pepper. Spoon onto the cooled pancakes and top with slices of smoked salmon and extra chives.



**Makes 30**

## **Roast Turkey with cranberry stuffing**

**Preparation time:** 30 minutes

**Cooking time:** 40 minutes

**Turkey** 1 x 1.5 kg breast

**Onion**, 1 finely chopped

**Garlic** 2 cloves crushed

**Thyme leaves** 2 teaspoons, finely chopped

**Wholemeal breadcrumbs** 2 cups fresh

**Olive oil** 1 tablespoon

**Craisins** 1 tablespoon

**Orange rind and juice** of 1

**Cranberry jelly** 1 tablespoon

Preheat the oven to 200°C. Line a large tray with baking paper. **To make the stuffing:** Spray a non-stick fry pan and heat to medium high. Cook the onion and garlic for 2 minutes till softened. Remove from the heat. Add thyme leaves, breadcrumbs, olive oil, craisins and orange rind and juice. Stir to combine.

### **For the turkey:**

Flatten the turkey breast slightly so it's an even thickness throughout. Spoon the stuffing into the centre and fold the meat over to enclose. Tie with several pieces of kitchen string to secure. Cook for 40 minutes till golden and firm to the touch. Test by inserting a skewer; the juices should run clear.

Remove from the oven and rest for 10 minutes before slicing. Serve with roasted vegetables and gravy with a tablespoon of cranberry jelly stirred into it.

**Serves 6**

### Handy Hint – from our Speech Language Therapists

Anti reflux medication +alcohol&/nicotine <b>= Reflux</b>	anti-reflux medication - alcohol&/or nicotine <b>= No reflux</b>
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### Handy Tip from our Music Therapists



Loud or unwanted sounds or music can increase the agitation of the people we care for. Try turning the music or sound down and reducing the number of sound sources. It is especially important to have a quiet environment if you want your client to focus on an activity, to communicate, or to help them concentrate on eating.

In the busy time leading up to Christmas try creating peaceful quiet times

### From our occupational therapists:

If age is catching up with you, just walk a little faster.

### Physiotherapy wherever you live, work or play

Therapy Professionals Ltd provides physiotherapy covered by ACC.

#### Advantages to you are, we:

- come to you
- adapt the physiotherapy programme to your environment and needs
- identify things in your environment that may inhibit your recovery and suggest solutions
- teach you and your support people your physiotherapy programme.

#### How it works!!

Simply do one of the following:

- Ring Therapy Professionals Ltd, **phone: 377 5280**
- Ask to be referred to Therapy Professionals Ltd by a Doctor or Health professional. It is important that they include your ACC number.

#### Charges Treatment

No charge (ACC covers this cost)

#### Travel time and mileage

\$15.00 (GST inclusive) to be paid by you, the client, at the end of each visit

### Reduce Injury Costs:

Effective implementation of the Patient Handling Guidelines (PHGs) can reduce injury costs by 35%.

An Australian study confirms that training is most effective where there is an interacted/systems approach to patient handling.

Training a group of key staff in the workplace is very successful in larger organisations. Therapy Professionals Ltd can design a training programme to suit your needs based on the Patient Handling Guidelines.

For example Therapy Professionals Ltd have recently been involved with designing and delivering a training programme on the PHGs for the IHC. This has been very successful and based on the following programme:

- On site
- An education session for management –2 hours
  - Two day course (6-12 people) on site
  - Small group skills sessions /problem solving on site (could be done initially by course facilitator, then by key staff)
  - Follow up session for key staff at three months
  - Annual review of key staff – not necessarily on site

They could save up to 35% on staff injury costs!

**Manual Handling Certificates – will start in February 2006.**

Ann Newsom

### Merry Christmas and a Happy New Year



from  
staff at Therapy Professionals Ltd