



# Therapy Professionals Ltd Newsletter

Autumn 2018

## Arthritis Exercise Classes

At the end of 2017 Arthritis New Zealand stopped funding the eight Arthritis exercise classes we had run since the late 1980's. With a little pressure from many of the class members, we decided to trial running three of the eight classes (at Merivale, Somerfield and Hornby) for the first term of this year.

In order for them to be sustainable they need an average of 24 people attending each class. Over the term the numbers have increased however not quite to the level of 24.

The classes are about to be accredited by Sport Canterbury as ACC Strength and Balance approved, which will hopefully improve the numbers. As a result we are continuing the classes for another term.

The classes are designed by physiotherapists to be safe and effective for Arthritis and run during the school terms. Siobhan O'Neill, Class Leader takes three classes a week and is supervised and supported by our Physiotherapists.

*Anyone who is older or has arthritis is welcome to come along.*

<b>Class Timetable</b>	<b>Cost \$10 per class</b>	
<b>Tuesday</b>	<b>Merivale</b>	9.15 – 10.15 am
	The Blind Foundation 96 Bristol Street	
<b>Friday</b>	<b>Somerfield</b>	9.15 – 10.15 am
	St Marks Church Corner of Somerfield and Barrington Streets	
	<b>Hornby</b>	11.00 am – 12.00 pm
	Presbyterian Church Hall 27 Amyes Road	

## The Cantabrainers Choir

Since 2012 Therapy Professionals has developed and sponsored the Cantabrainers Choir. The Cantabrainers Choir is for people with neurological conditions such as Stroke, Parkinsons Disease and Multiple Sclerosis, to improve their voice and communication through singing and socialising. The choir has been a great success for those who attend.

As Therapy Professionals is a business we have struggled to gain grants and donations to run the choir. To ensure the survival of the choir, a group is working on forming a charitable entity for the choir. This will enable the choir to more readily access grants and donations.

After a break this term the Choir will be resuming again on:

**Date:** Wednesday 2 May 2018  
**Time:** 10 am - 11.45 am  
**Place:** Mary Potter Community Centre, 442 Durham Street North



If you, or anyone you know has a neurological condition affecting communication, confidence or mood just come along, no referral is required.

To learn more about the choir follow this link <http://www.therapyprofessionals.co.nz/cantabrainers-choir.html>

# Your employees are like matches If you don't protect them your profits could go up in smoke!

## Are you assessing the cost of an injury?

This is not a simple thing. ACC have a cost calculator on their website which may be useful.

An example they give is a nurse aide sustains a significant back injury (prolapsed disc in her lumbar spine) as she attempts to independently move a patient in bed. She has six weeks off (potentially 13 weeks).

### Summary of the costs

	Costs
Incident costs	\$100
Investigation costs	\$365
Damage costs	0
Replacement costs	\$310
Productivity costs	\$8395
<b>TOTAL</b>	<b>\$9170</b>

If the nurse aide had been at work for the six weeks the wage bill would have come to \$6,000 (including hourly rate, pro rated of all leaves, admin costs etc).

**Manual Handling injuries are high among health care workers.** Investing in manual handling training and equipment will benefit your organisation by:

Reduced	=	Increased
ACC Premiums/Claims		Productivity
Sick leave		Profits
Staff turnover		Staff retention

Most of all you get peace of mind knowing you comply with the OSH Code of Practice for Manual Handling.

By taking the first step, you'll know your employees are in safe hands – because like an unlit match, preventing work related energy is far cheaper than see your profits go up in smoke.

**Call Therapy Professionals Ltd**  
now on 03 377 5280 to discuss Manual Handling training.

## Sweet Treats – for people on modified diets

There are always times when a sweet treat is desirable - especially an occasion like Easter.

For people on a modified diet it can be difficult to find an alternative. Here is a list of some ideas from our Speech Language Therapists you could be try. (It's not finite so think outside the box for more alternatives.)



### Pureed diet: (Food moist, smooth, no lumps)

- Chocolate sauce
- Flavoured toppings eg: caramel, strawberry
- Melted chocolate - try adding a little whipped cream to help slow the resetting time.
- Chocolate mousse

### Minced diet: (Food moist and very finely chopped or mashed)

All options suggested for a puree diet plus:

- Finely grated chocolate
- Mashed cake or muffin with cream or yoghurt.

### Soft diet: (Food moist and tender, cuts easily with the side of a fork)

All of the options in puree and minced plus:

- Chocolate fudge / Russian fudge
- Some soft caramels
- Some soft lollies such as “eskimos” or “bananas” (these will need to be tested as if left out or shelved too long they can become hard)
- Softened chocolate (placed in microwave until soft)
- Turkish delight (made with jelly and icing sugar)
- Muffins or cake with cream or yoghurt.

## Staff Profile - Marcia Drennan, Physiotherapist



Marcia graduated with a Diploma in Physiotherapy from Otago University in 1974. During her career she has worked in both hospital and community settings. Marcia has experience in spinal, orthopaedics, respiratory, intensive care, aged care, palliative care, special needs and running exercise and hydrotherapy classes. She is experienced supervising and training staff.

On 5 May, Marcia has worked for Therapy Professionals Ltd for 19 years. She will take over from Lucy Bolton in our ex-Templeton Contract. This contract is not unfamiliar to Marcia as over the years she has done some relief work within this contract.

## Coming soon – Gift Vouchers

If you want to help a friend or family member get some service, gift vouchers are a good way of doing this.

## Website links to Handy Hints and Information

We are constantly adding information to our website. These are some of our latest posts.

### General

[Hearing Loss Causes Communication Breakdown](#)

[About Dietitians](#)

[World Diabetes Day - 14 November 2017](#)

[Occupational Therapy week - 23 October 2017](#)

[World Arthritis Day 12 October](#)

### Children

[Why Sleep is Good for Children?](#)

[World Cerebral Palsy Day - 6 October 2017](#)

### The elderly

[Do you need a walking stick?](#)

[Falls and Eyesight](#)

[Is ageing making you anxious about your personal safety?](#)

[High Temperatures and Dehydration](#)

[International Parkinsons Week 1 - 7 November 2017](#)

[World Stroke Awareness Day - 29 October 2017](#)

[World Occupational Therapy Week - 23 October 2017](#)

[World Osteoporosis Day - 20 October 2017](#)