



CHRISTMAS NEWSLETTER

DECEMBER 2019

The end of the year is only a month away and it's the busiest time of year for most of us with school breakups, end of year functions, deadlines and Christmas.

Finding it hard to think of a gift for an elderly or disabled person?



Here are some ideas:

- a gift voucher for some therapy time
- a comfy chair (check out this link for advice on purchasing chairs)
http://www.therapyprofessionals.co.nz/uploads/4/9/5/2/49523375/choosing_a_comfy_armchair_.pdf
- useful gadgets eg tap turners, can and jar openers, adapted garden equipment and plug pullers

Christmas and New Year Food Treats

If you're catering for someone with a swallowing problem during the festive season, it can be hard to know what you can give them or even to remember these treats are food.

Here are some ideas:



Pureed diet (*smooth and uniform texture*)

- chocolate sauce
- flavoured toppings eg caramel, strawberry
- melted chocolate – try adding a little whipped cream to help slow the resetting time



Minced and Moist diet: (*needs to be very finely cut or mashed*)

All options suggested for a pureed diet plus:

- finely grated chocolate
- mashed cake or muffin with cream or yoghurt
- trifle, tiramisu (with custard, cream or ice cream)

Easy to Chew diet: (*must be able to be easily and cleanly cut with the side of a fork*)

All of the options in “pureed” and “minced and moist” plus:

- chocolate fudge
- Russian fudge
- some soft centred caramels
- muffins or cake with cream or yoghurt
- some soft lollies such as ‘eskimos’ or ‘bananas’ (test as if left out or shelved too long, they become hard).
- softened chocolate (placed in microwave until soft)
- Turkish delight (made with jelly and icing sugar)





Exercise Classes for those with Arthritis and /or are older

Designed by physiotherapists

Tuesday	Merivale The Blind Foundation 96 Bristol St	9.30 – 10.30 am
Friday	Somerfield St Marks Church Hall Corner Somerfield & Barrington Streets	9.15 – 10.15 am
Friday	Hornby Presbyterian Church Hall 27 Amyes Road	11 am – 12 midday



Phone: 03 377 5280 or Email: admin@tpl.nz
First Class Free \$10 per class



Merivale class:	Ends 17 December	Starts 4 February 2020
Somerfield Class:	Ends 20 December	Starts 7 February 2020
Hornby Class:	Ends 20 December	Starts 7 February 2020

Staffing Changes

We have had a number of staffing changes recently.

Nicola Hacon, Dietitian, went on maternity leave in April and has since moved to Australia. Kristal Nichol was relieving for Nicola and we are pleased she is going to continue in the role.

Charlotte Hoetjes, Physiotherapist, started back in October.

Sadly KC Muir, Occupational Therapist has resigned to spend quality time with her family. We will miss her.

We are pleased to welcome Chris McCausland, Occupational Therapist, who has already started and Bronwyn McKenzie, Occupational Therapist, who is starting in late January.





Holiday period hours

Therapy Professionals office will be closed:

25, 26, 27 December 2019
1, 2, 3 January 2020

On 27 December and 3 January there will be an office person available by phone on 027 435 8970 for **urgent enquiries**.

Some therapists will be on call over the Christmas period, should there be any **urgent** need.

Handy information

Should you have time on your hands over the holiday season have a look at the Information page on our website <http://www.therapyprofessionals.co.nz>

Our therapists regularly prepare these information sheets for use by our clients.

Merry Christmas and Happy New Year

To all our customers and friends, we have enjoyed our association with you over the past year and look forward to this continuing in 2020.

Have a happy and prosperous Christmas and New Year.

