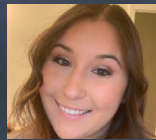


Enhance THERAPIES

QUARTERLY NEWSLETTER

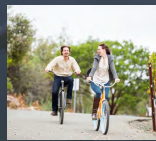


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Lisa Cafolla
SLP, Tender Touch



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Martin Schmuckler
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Enhance Therapies



Celebrating OT Month Highlighting Your Stories!



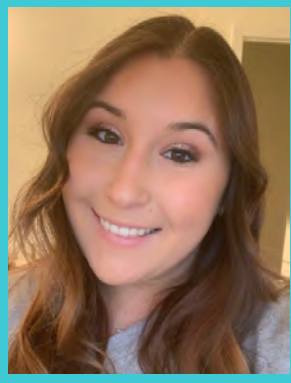
The Power of Grip

Richard W. Bohannon, PT, EdD



Newsletter Feedback

We appreciate your feedback!



TEAM MEMBER

SPOTLIGHT

LISA CAFOLLA, SPEECH THERAPIST, TENDER TOUCH

How long have you worked for Tender Touch Rehab Services?

I have worked for Tender Touch Rehab Services for nine months.

What do you like most about your job?

- Helping others regain the ability to speak and swallow following a stroke, brain injury, or another medical emergency.
- Providing my patients with strategies for working on their memory, safety awareness, or problem-solving skills, which can be incorporated into their daily lives.
- Spending time with my patients and seeing how a simple conversation can bring them so much joy.

What is the best career lesson you have learned so far?

Build rapport, be approachable, and be accessible. Listen to your patients even if they spend 20 minutes telling you about life lessons they have learned. This is valuable information that can help motivate another patient to reach their goals!

What do you like to do when you aren't working?

When I am not at work, you can find me at the beach, working out at the gym, shopping, or spending time with friends and family!

What's a fun fact about you that many people may not know?

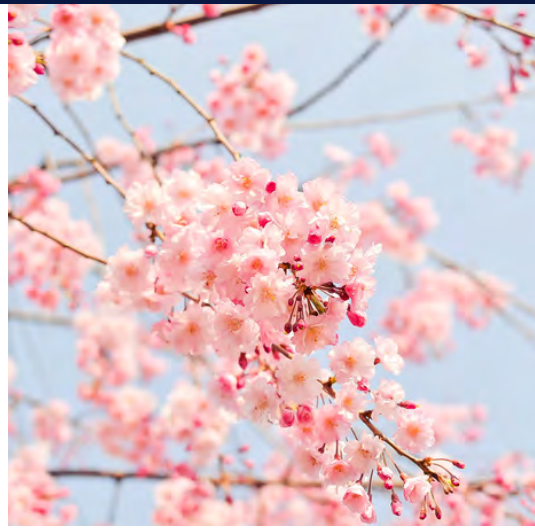
I was a competitive all-star cheerleader at World Cup All Stars for 13 years.

What is one thing you can't live without?

My friends and family – they are my biggest supporters and motivators!

What is your guilty pleasure?

Recreating dinner and dessert recipes from Pinterest for my family, friends, and co-workers.



HAPPY SPRING!

ENHANCE SPRING CONTEST

As the weather begins to warm up, many people are eager to get outside and enjoy the Spring season. There are many fun and exciting activities to do during this time of year, and we have compiled a list of some of our favorite Spring activity ideas.



PICNICS

Pack a picnic basket with your favorite snacks or meals and head to your local park, beach, or nature reserve. Enjoy the fresh air and sunshine while savoring your delicious treats.



GARDENING

Spring is the perfect time to get your hands dirty and start planting a garden. Whether you have a green thumb or are new to gardening, there are many resources available to help you get started.



HIKING

Lace up your hiking boots and hit the trails! Spring brings new life to nature, and hiking is an excellent way to explore the outdoors and get some exercise.



BIKING

Enjoy the beautiful weather and scenery by taking a bike ride. Whether you prefer a leisurely ride or a challenging mountain bike trail, there are options for every skill level.



OUTDOOR SPORTS

Spring is the perfect time to engage in outdoor sports like soccer, baseball, frisbee, or tennis. Gather your friends or join a local team and enjoy the fresh air while getting some exercise!

SEND US A PHOTO OF YOURSELF DOING ONE OF THESE SPRING ACTIVITIES AND RECEIVE A \$10 TARGET GIFT CARD!





NEW CHRO

MARTIN SCHMUCKLER

As the new Chief Human Resources Officer of Enhance Therapies, I am extremely excited for the future of our organization. I am delighted to be given the opportunity to lead the HR department of this esteemed organization and work towards achieving the company's goals and objectives.

I BELIEVE THAT TOGETHER, WE CAN ACHIEVE GREAT THINGS

AND TAKE OUR ORGANIZATION TO NEW HEIGHTS.

I recognize that the HR department is at the core of any organization, and it plays a vital role in ensuring that the company's workforce is motivated, empowered, and engaged. My goal as the new head of HR is to create a culture of excellence that promotes innovation, collaboration, and productivity.

One of my primary objectives is to improve our team's satisfaction and engagement. I believe that a happy and motivated workforce leads to innovation and patient satisfaction. To achieve this goal, I will work to create a positive and inclusive work environment that values diversity and promotes team member growth and development.

I also aim to strengthen the company's talent acquisition and retention strategies. This initiative will involve identifying top talent and providing the necessary training and development opportunities to nurture team member growth and career advancement.

I am thrilled to be the new Chief Human Resources Officer of Enhance Therapies, and I am looking forward to working with all of you. I believe that together, we can achieve great things and take our organization to new heights. I am excited about the journey ahead and looking forward to getting to know each of you as we work toward achieving our goals.

THANK YOU ALL FOR THE WARM WELCOME!

I AM EXCITED TO BEGIN THIS NEW CHAPTER WITH ALL OF YOU!

TEAM MEMBER SAFETY

BY LORI BLAIRE, EVP COMPLIANCE OFFICER, ENHANCE THERAPIES

This year, OSHA (Occupational Safety and Health Administration) has a heightened focus on team member safety. The organization has committed to 19% more safety inspections and has raised penalties to as high as \$150,000 for safety violations. Our company has also heightened our attention and focus on continuing to provide our staff with a safe and healthy work environment.

To that end, we propose that each department and staff member perform a safety check or inventory, to help minimize work-related injuries among our valued staff members.

Here are six tips to keep everyone happy, healthy, and safe!!

1. Assess areas of vulnerability, why they exist, and mitigation strategies.
2. Make sure you are reporting staff injuries, so we have a proper accounting of all injuries/illnesses.
3. Perform a department inventory of potential hazards. Correct/remove any hazards possible in the workplace and workspace.
4. Provide regular safety training for our at-risk staff and choose topics of high volume/risk (e.g. transfers, gait training).
5. Perform routine auditing of environmental safety to prevent injuries to team members/patients.
6. Document all the hazard assessments and mitigation activities you have performed.

Please refer to our Team Member Safety Manual, which includes a comprehensive Work Site Risk Analysis and solutions to remediate workplace problems and safety hazards.

Please stay safe!!!!

CELEBRATING OT MONTH!

April is Occupational Therapy Month, a time to celebrate the hard work and dedication of our Occupational Therapists ("OTs") and Certified Occupational Therapy Assistants ("COTAs"). Our OTs and COTAs are instrumental in helping our patients live their lives to the fullest.

OTs and COTAs work with individuals who are recovering from illness or injury, as well as those who have long-term disabilities or conditions. They help these individuals to regain and maintain their ability to perform daily activities, such as dressing, eating, and personal hygiene, as well as more complex activities like driving and work-related tasks.

The work that OTs and COTAs perform is not only important, but it is also deeply rewarding. Seeing their patients make progress and regain their independence is a source of great satisfaction for these healthcare professionals. They work tirelessly to ensure that their patients receive the best care possible and that their quality of life is improved.

During Occupational Therapy Month, we want to take a moment to recognize and thank our OTs and COTAs for all that they do. We are grateful for their commitment to their patients and their dedication to the field of occupational therapy. Their work is essential to the well-being of their patients, and we are fortunate to have them as part of our Enhance Therapies family!

So, to all our OTs and COTAs— thank you! Thank you for the hard work that you do, for your compassion and dedication, and for helping to make the world a better place, one patient at a time. We appreciate you, and we celebrate you during Occupational Therapy Month — and all year round!



WE THOUGHT YOU MIGHT LIKE TO SEE SOME PHOTOS OF

OUR TEAM IN ACTION, SO WE HAVE INCLUDED A FEW PHOTOS OF

OUR INCREDIBLE ENHANCE THERAPIES OTs AND COTAs!



Barbara Caldwell, COTA



Alexis Servidio, Janice Woerner,
Elizabeth Boldt, Stephanie Kenneally



Madeline Berry, OTR
Rachel Bonner, COTA/L, DOR



Amy Reed OTR and Amy Siefker



Brittany Heerwagen, MSOTR/L



Jennifer Brown Ownby, OTR/L, CHT
Katelyn Ruggiero, OTR/L

OT SPOTLIGHT

WE WANTED TO HEAR,

CELEBRATE, AND SHARE YOUR

OT SUCCESS STORIES!



Megan Meade, COTA
Nicole Lewis, OTR
Renewal Rehab

BIO

NICOLE LEWIS, OTR

I love working as an OTR. Helping people succeed in regaining function in meaningful tasks and living as independently as possible is rewarding.

SUCCESS STORY

NICOLE LEWIS, OTR

One of my favorite success stories involves a man who, after having a brain aneurysm, was initially completely dependent on others for all of his daily activities and movement. He was also on a percutaneous endoscopic gastrostomy tube for nutrition. He had a dedicated and hopeful wife, a new baby, and three young children. He was able to discharge home to family support with a rolling walker. One month following discharge, the whole family visited our team. He walked in smiling without assistance or a walker and told us he was driving and taking care of his family. Such a beautiful outcome!!



BIO

MEGAN MEADE, COTA

I became a COTA because I knew I wanted to work in healthcare, but I wanted a career where I would be able to get to know my patients on a more personal level. As a COTA, I can play a meaningful role in their healing process while being directly involved in their care. I enjoy what I do because I know I am helping improve our patients' quality of life, while assisting them in thinking out of the box. I love working with our team of amazing therapists! It brings me joy to see our patients come to us needing a lot of help and assistance, but leaving independent. Working in therapy is truly a humbling experience and it has taught me to be grateful and enjoy the little things.

SUCCESS STORY

MEGAN MEADE, COTA

A patient that came to us dependent for all of her care, unable to walk or stand, or even sit up on her own. After working with her, we were able to discharge her home. When she left, she was able to stand, walk with an assistive device, and tolerate sitting up in her wheelchair for an extended amount of time. She was able to dress with little to no help at all. It was great to see her get to go home and be with her family! She, along with our teams, worked really hard and put forth a lot of effort!

THE POWER OF GRIP

UNLOCKING THE SECRETS TO A LONGER,

HEALTHIER LIFE THROUGH HAND STRENGTH

BY RICHARD W. BOHANNON, PT, EDD

The article "Hand Grip Dynamometry Predicts Future Outcomes in Aging Adults," published by the Journal of Geriatric Physical Therapy, discusses the findings of a study that aimed to determine the predictive value of hand grip strength on future outcomes in aging adults. The study was conducted on 183 participants, aged 60 and above, and was carried out over a period of five years. The participants' hand grip strength was measured using a dynamometer at the beginning of the study, and the outcomes measured were disability, morbidity, and mortality.

The results of the study showed that hand grip strength was a strong predictor of disability, morbidity, and mortality in aging adults. Participants with weaker hand grip strength had a higher risk of experiencing these negative outcomes, even after adjusting for other factors like age, gender, body mass index, and chronic diseases. Specifically, participants with weaker hand grip strength were more likely to develop disabilities, experience hospitalization or institutionalization, and die from any cause during the five-year follow-up period.

Moreover, the study found that hand grip strength was a better predictor of these outcomes than other traditional measures of physical performance, such as walking speed or balance tests. Hand grip strength is a simple, non-invasive, and cost-effective way of assessing muscle strength, and it is less affected by environmental factors than other measures of physical performance.

The article suggests that hand grip strength could be a valuable tool for healthcare professionals working with older adults. By measuring hand grip strength, healthcare professionals could identify those at higher risk of negative outcomes and intervene early to prevent or delay these outcomes. Such intervention could involve prescribing appropriate exercise programs or other interventions to improve muscle strength and overall physical function.

SUMMARY: THE STUDY PROVIDES EVIDENCE THAT HAND GRIP STRENGTH IS A STRONG PREDICTOR OF FUTURE OUTCOMES IN AGING ADULTS AND COULD BE A USEFUL TOOL FOR HEALTHCARE PROFESSIONALS IN IDENTIFYING HIGHER RISK PATIENTS.



NEWSLETTER FEEDBACK

We would love to know what you thought about our newsletter!
Please submit your feedback via the link below!

FEEDBACK



FOLLOW US ON SOCIAL MEDIA!

