

Magnificent May

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*Experience life
to its fullest!*

Your ONR Team



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May is here, flowers are blooming, birds are chirping and summer is only one month away! The word May is derived from the Latin word “maius”, the month was named after the Greek goddess of growth. However, according to the Roman poet Ovid the word is derived from the word “maiores” the Latin word for elders. The official Mother’s Day holiday started thanks to efforts from Anna Jarvis, who wanted to start the holiday to honor the sacrifices mothers make for their children. And in 1914, Jarvis’ efforts paid off when President Woodrow Wilson signed a measure officially establishing the second Sunday of May as Mother’s Day.

New ONR Team Member Alert

We have a new team member! Leslie Farrington will be joining the ONR team as our new physical therapist. She will be starting Monday, May 23rd, 2022 and is excited to meet everyone!

If you are interested in a physical therapy consult, please call Liana at 855-950-4471 or stop by room 301.



Dehydration

As the weather starts to warm up, it is even more important to stay hydrated. Dehydration can happen quicker than you think and can cause damage before you have a chance to rehydrate.

So how much water should we drink? You've probably heard of "8 glasses of water per day," however this amount could fluctuate depending on each person's weight, age, overall health, and environmental factors such as temperature and humidity. Research has found that a person should drink 1 cup (8 fluid ounces) of water for every 20 lbs. they weigh.

It is important to learn the signs of dehydration.

Signs of MILD dehydration include:

- Dry mouth
- Headache
- Fatigue
- Constipation
- Muscle cramping
- Infrequent or dark urination

Signs of SEVERE dehydration include:

- Nausea
- Dizziness
- Confusion
- Fainting
- Low blood pressure
- Vomiting

If you experience some of these symptoms, it is important you are drinking enough water throughout the day. If you are experiencing any symptoms of SEVERE dehydration, make sure to notify your community medical staff and/or physician immediately.

If you find that you have trouble getting to and from the bathroom, it may indicate a need for Physical or Occupational Therapy. Please reach out to your ONR TOUCH therapists if you feel that this is the case.



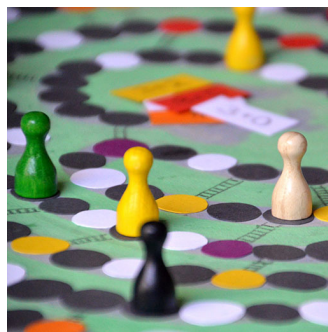
The brain is probably, if not the most important muscle in your body, and just like any other muscle it needs exercise. Without activity the neurons in your brain will just sit there and do nothing, which then leads to no new connections being made with other neurons. And when connections aren't made, just like any other muscle in your body that isn't active, the brain can become less productive.

With the help of brain exercises the "thinking" part of the brain or the frontal lobe is stimulated. The frontal lobe is responsible for cognitive skills, memory, judgment, problem solving and motor function. The frontal lobe is like the cockpit of a plane, if it isn't ready and active, the body can't function properly.



1) Word Games and Puzzles

Word games are a great, fun way to engage the mind. Word games and puzzles such as word searches, Sudoku and crossword puzzles can help improve memory, word recall and other functions of the brain.



2) Board Games

Board games are another great way to stimulate the brain and even improve mental health. Some popular games include Monopoly, Sorry! and Yahtzee and appeal to all age groups, allowing friends and family of all ages to join in on the fun!



3) Card Games

Card games such as Poker, Solitaire, Go Fish and Memory Match are great for brain fitness. They can help improve cognitive function and stimulate parts of the brain responsible for logical problem solving and memory retention.



4) Strategy Games

Strategy Games like chess and checkers are board games that are known to exercise both parts of the brain, which can help improve memory, concentration, and decision making skills. Researchers also believe that strategy games can help prevent Alzheimer's and other forms of dementia.



5) Reading

Whether it be a novel, magazine or even an ONR newsletter, reading pushes your brain to form images to match the words on the page and keep your brain active. Reading before bed is also a great way to help your brain unwind and relax which improves mental health.



6) Activities Involving the Use of Your Hands

Activities that focus on hand-eye coordination such as knitting, sewing, and gardening are a great way to exercise the brain since they use so many parts of the brain at the same time. These activities also are

known to help with improving mood, increasing creativity and improving strength and grip in hands.

For more information regarding ways to improve brain functions and the best brain activities for you, speak to your ONR TOUCH therapists. And be sure to check out the May puzzle insert for some brain games.

5 Tips to Help You Sleep Better

We all have those days where we can't seem to fall asleep at night and for some of us it's a regular occurrence. Rest assured, there are a couple of things you can do to get the sleep you need.

While there is officially no "right" amount of sleep, experts still recommend 7 to 9 hours of sleep a night. However for those who struggle to get a good night's sleep, here are a few tips:

1. **Stick to a regular bedtime.** Try going to sleep at the same time everyday, even on weekends. This will set a routine for your body and over time you will fall asleep faster.
2. **Calm down before bed.** While this may seem obvious, it is important to set aside items that stimulate your brain, such as phones and televisions, an hour before bed. Instead, read a book or listen to some music to help you unwind.
3. **Train yourself to think of your bed as a place to sleep only.** If you're still awake after 20 minutes of lying in bed, get up and only get back into bed when you feel tired. It is important to think of bed only as a place to sleep.
4. **Exercise regularly.** Try to wear yourself out during the day, but not within 3 hours of your bedtime.
5. **Go out and get some sun.** Try to go outside everyday and get some sunlight. This will help your body know when it's time to be awake and when it's not. Just make sure to wear enough sunscreen.

May Word Search

N	S	D	L	Z	E	B	E	M	E	R	A	L	D	F
R	E	S	X	K	L	N	S	I	B	S	U	L	L	L
Y	I	A	E	O	P	Y	E	G	C	F	Q	O	N	A
A	G	J	O	L	W	O	Z	R	T	H	W	G	Y	G
D	R	M	W	W	D	D	L	H	G	E	A	A	W	E
L	U	F	Y	O	J	U	G	Y	R	E	D	I	L	T
A	J	L	L	L	Q	I	O	M	L	S	T	F	N	R
I	P	Y	C	S	L	L	O	L	R	I	H	I	P	I
R	P	W	D	E	W	O	V	E	C	O	L	Z	C	J
O	S	R	D	R	N	E	H	O	L	G	E	G	X	P
M	I	J	G	D	C	T	E	T	E	U	Q	U	O	B
E	R	C	P	T	O	Y	O	T	Z	T	A	G	C	B
M	C	S	L	M	Y	S	U	N	N	Y	G	Q	L	I
B	Y	I	P	F	X	S	F	A	I	M	J	C	A	Z
Y	S	X	Z	P	N	B	J	K	N	E	D	B	T	K

Bloom	Flower Moon
Bouquet	Joyful
Cloudless	Lily
Crisp	Memorial Day
Delightful	Mothers Day
Emerald	Sunny
Energetic	Sweet
Flag	



Drop by the ONR TOUCH office for the answer sheet

Better Hearing and Speech Month

Each May, Better Hearing & Speech Month provides an opportunity to raise awareness about hearing and speech problems, and to encourage people to think about their own hearing. Many people live with unidentified hearing loss, often failing to realize that they are missing certain sounds and words.

Did you know ...

The average person is born with about 16,000 hair cells within their inner ear. These cells allow your brain to detect sounds. By the time you notice hearing loss, many hair cells have already been damaged or destroyed. You can lose 30% to 50% of hair cells before changes in your hearing can be measured by a hearing test. Damaged inner ear cells do not grow back.

Protect your hearing! And if you already have hearing loss or are experiencing pain, discomfort, or ringing in the ears, take steps to keep it from getting worse.

Get your hearing checked!



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