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Recreation Therapy Education Corner

When I see Veterans come through the outpatient recreation therapy clinic, I frequently notice they are not aware of the recreational benefits available to them through the Michigan DNR. If they have a service connected rating due to military service there may be many. If a Veteran has received a benefit verification letter from the VA stating:

1. They are 100% permanently and totally disabled
2. Deemed by the United States Department of Veterans Affairs as permanently and totally disabled for disabilities other than blindness

They are likely eligible to obtain any hunting license which does not require a separate application, free of charge. All Veterans are required to provide to the DNR is their documentation of eligibility from the VA stating either of the above conditions have been met. When applying for the license, the Veteran must present documented proof of their disabled veteran status to the DNR. In addition, veterans should carry such proof when using the license while afield. Veterans who have a permanent disability are also eligible for a disability bow permit (Form PR9134 - Bow Permits For Hunters With Disabilities), hunting from a standing vehicle (Form PR9409 - Hunt From Standing Vehicle Application For Persons With A Permanent Disability), and using ORV (Off-road vehicles) for hunting purposes, using a laser-sighting device for hunting on a firearm or crossbow for those who are legally blind (see DNR Law Enforcement Division), baiting of any food type (see Michigan Hunting Digest for certain restrictions or conditions). Medal of Honor Recipients, 100% disabled veterans and ex-prisoners of war receive free entry into facilities requiring a recreation passport. These veterans must have the specialty license plate designation in order to gain access (See Michigan Secretary of State for information).

For more information and an applications:

Michigan Department of Natural Resources: 1-(517)-284-6057 or visit Michigan.gov/DNRAccessibility.

**Michigan Department of Natural Resources Law Enforcement Division:
1-(517)-284-6000
Michigan Secretary of State:
1-(888)-767-6424**



PHYSICAL THERAPY EDUCATION CENTER

Fall Prevention

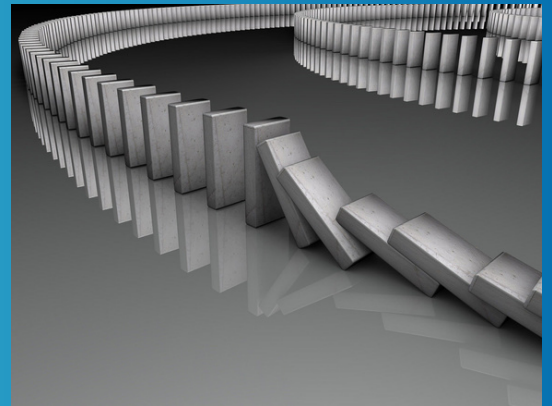
Yes, you read that right. We CAN prevent falls and falls are NOT a normal part of aging. I once worked with a 90 year old veteran who had balance good enough to play sand beach volleyball! We can maintain/improve our balance to prevent falls, stay active and keep moving regardless of our age. According to the Centers of Disease Control and Prevention (CDC), each year 3 million older people are treated in emergency departments for fall injuries, with one out of every five falls resulting in serious injuries like broken bones or head injuries. Furthermore, falls among adults 65 and older caused over 36,00 deaths in 2020, making it the leading cause of injury death for that group. By 2030, CDC predicts there will be 7 fall deaths every hour. As you can see, falls are very common and dangerous as we age but do not have to be a normal part of aging.

So, why do people fall? There are multiple factors that create a risk for falling, such as;

- **Intrinsic factors** – related to a person’s physical, mental, and cognitive condition.

Examples are;

- o Incontinence or urinary frequency/urgency
- o Leg weakness
- o Taking multiple medications/polypharmacy
- o Reduced vision
- o Loss of hearing
- o Numbness/tingling in the feet/legs
- o Poor impulse control
- o Belief that asking for help is inappropriate
- o Changes in mental status



Extrinsic factors – related to the person’s environment/home. Examples are;

- o Ill-fitting or inappropriate shoes or long loose clothing
- o Poorly maintained assistive devices
- o Distracting noises
- o Poorly designed bathrooms/rooms
- o Furniture
- o Flooring that is highly polished, waxed, or covered with loss carpeting/rug

The good news is we can prevent/lessen our fall risk by completing the following check list:

- Have your vision checked at least once a year and update your eyeglasses as needed.
- Remove things you can trip over such as; loose rugs, cords, books, shoes, clothes.
- Remove clutter from stairs in your home
- Keep items you use often in cabinets you can reach easily without using a step stool
- Have grab bars put in next to and inside the tub and next to the toilet
- Use non-slip mats in the bathtub and on shower floors.
- Have hand rails and lights installed on all staircases
- Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers
- Use night lights when getting out of bed at night
- Exercise to improve your balance and strength -work with a trained medical professional such as a physical therapist to develop an exercise plan that is customized and safe for you.
- Have your health care provider review your medicines.

In closing, hopeful this information provides useful to help prevent, lessen falls. Please reach out to your primary care provider to assist with further management of falls and fall prevention.

References

- 1. Centers for Disease control and Prevention. Older Adult Falls | Fall Prevention | Injury Center | CDC. Accessed 5/10/23.**
- 2. Fall prevention image. SafeZoneFallPreventionLogoFINAL.png (1540×1695) (stratfordems.org). Accessed 5/26/23**

OCCUPATIONAL THERAPY EDUCATION CENTER

HEALING TOUCH?

- Healing Touch is an energy based therapeutic approach to healing.
- Healing Touch is classified by the National Institutes of health as a biofield therapy and nursing intervention that contains noninvasive standardized techniques that balance, clear and energize the human environmental energy fields.
- Heart centered, biofield therapy uses gentle intentional touch that assist with balancing emotional, physical, mental and spiritual being, supporting one's ability to self heal.
- The goal is to restore harmony and balance in the energy systems to allow a deeper connection with one's mind-body-spirit.
- Safe for all ages

HEALING TOUCH SESSION

- Practitioner preparation: centering, grounding, attuning to patient's field and setting intention
- Assessment: interview, presenting problems, health, family hx, observation, feel edge of energy fields, hand scan, use of pendulum
- Problem Identification: conclusion is made based on finding in assessment
- Goals: Pt and practitioner discuss goals for Pt greater good
- Planning: a technique or a set of techniques are selected
- Intervention: techniques are implemented, at the end of session reassess with use of pendulum, hand scan and feel for edge of energy fields. Pt is grounded and energetic connection is released.
- Evaluation: Patient's experience is discussed, self care and referrals if needed, document session

WHAT ARE THE EFFECTS OF HEALING TOUCH

- Promotes Relaxation
 - Decrease Pain
 - Increase Wound Healing
- Clears Congested Energy and Toxins
- Relieve tension, sinus and migraine headaches
 - Reduce Stress/Anxiety/PTSD
 - Increase ones well being
 - Improved Sleep