



Tender Touch Therapy

Newsletter

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Importance of Relaxation

Relaxation is not something we tend to do much of at this time of the year. Nowadays we do not take the time to sit back and relax enough. Our minds are usually going 100 miles per hour thinking of things we need to do, to go buy, to remember etc. We are always going! Incorporating a relaxation technique into your daily rituals is very important. Stress whether negative or positive can be problematic to your body. Prolonged periods of stress decreases our body's immune system and increases fatigue. This may result in blood pressure issues, and impact the reproductive system and the endocrine system. It is important that we find a balance and teach ourselves to deal with the stress in a healthy manner. Lifestyle habits play a major role in our ability to handle our stress such as our nutrition, physical activity and sleep habits. Using a relaxation technique can help with the following:

- ⇒ reduce your stress symptoms by slowing your heart rate
- ⇒ lowering your blood pressure
- ⇒ slowing your breathing rate

- ⇒ increasing the blood flow to the major muscles
- ⇒ reducing muscle tension and chronic pain
- ⇒ improving concentration levels
- ⇒ reducing anger and frustration
- ⇒ boosting our confidence to handle problems.

It is important to recognize and enjoy the simple things in life. There are many days when we do not allow ourselves to do that.

There are different relaxation techniques such as:

Autogenic relaxation techniques: the use of visual imagery and body awareness strategies to reduce the stress level from within. For example, you may repeat words or suggestions in your mind to help with the relaxation process.

Progressive muscle relaxation: a technique where you focus slowly on tensing and relaxing various muscle groups. For example, tense the muscles in your toes and then relax them and continue to work up toward your head tensing for 5 seconds and relaxing each muscle group for 30 seconds.

This helps you become aware of your physical tension in your body.

Visualization: you form mental images to take a visual journey to a calm place or situation. It is recommended that you use as many senses as possible while visualizing such as smell, sight, sound and touch. Closing your eyes may assist with the visualization process while sitting in a quiet and comfortable spot.

All of these techniques take practice so set a goal for yourself and try it!

You will not regret it. Relaxation techniques can also be very important for your children. There are other forms of relaxation techniques which include: yoga, tai chi, listening to music, exercise, meditation, hypnosis, and massage. As you become more aware of your body and the effects stress has on it you will be able to incorporate a relaxation technique at that moment. This will help maintain your stress level at a controlled level. Just remember all of these techniques take practice. Be patient and allow yourself time on the learning curve. Do not let the relaxation process become a stressor in your life. Enjoy!



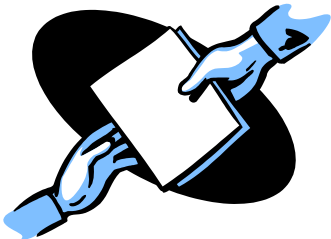
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Please let us know if your child will be missing therapy! We do have a no-show fee and it will be assessed if a cancellation phone call is not received.

THANK YOU!



Good teaching is one-fourth preparation and three-fourths theater.

By Gail Godwin



Never underestimate the determination of a kid who is time rich and cash poor.

Cory Doctorow



Updating Insurance and Contact Information

It is that time of year again that we need to ask you to update your insurance information sheet. Our front desk staff will be asking you to re-sign and fill out the form again to ensure that there are no changes with your insurance or contact information. We will also be asking everyone for their email address. Please take the time to fill out the form. It is also very important to keep the front desk informed of any changes in insurance, contact information or physician changes throughout the upcoming year.



Weather Policy

The following is our "Weather Policy" for both the Kenosha and Racine clinics. It is specifically speaking of snow and extreme cold weather:

- ⇒ If Kenosha Unified is closed for any adverse weather related conditions, the Kenosha clinic will also be closed.
- ⇒ If Racine Unified is closed for any adverse weather related conditions, the Racine clinic will also be closed.

Thank you for your continued support.

Please Remember Our Illness Policy

The Cold and Flu Season is HERE!

This is just a friendly reminder that if you, a person attending your child's appointment, or your child are not feeling well, please reconsider attending your treatment session here at Tender Touch Therapy. Please see the front desk staff to reschedule if any or all of the following symptoms have been present within the past 24 hours:

- ⇒ Runny Nose
- ⇒ Cough/Sore Throat
- ⇒ Vomiting/Diarrhea
- ⇒ Fever greater than 100 degrees
- ⇒ Other diagnosed illness

Thank you for helping us keep everyone healthy!



IEPs

Please remember to bring in your IEPs as they are updated. A current IEP is important for us to keep on file for insurance authorizations and to help us with the continuity of your child's care. You may bring in the original and we will be happy to copy it for you! Thank you for your cooperation in advance!

Thank You!

We would like to say *Thank You* to everyone that gave the Tender Touch staff lots of special treats and gifts for the holidays. The special treats were delicious. Thank you for the beautiful Christmas cards and pictures. It was nice to see the families and read the little notes that were included. Thank you again for your generosity. We hope that all of you had a great holiday and will enjoy the upcoming year!



Upcoming Events

Saturdays until 5/22 **Kenosha Winter Harbor Market** at Rhode Center for the Arts

January 31 **Indoor Triathlon Series Race #1** at Rec Plex

February 13 & 14 **Kenosha Expo 2010** at UW-Parkside Frank J. Petretti Fieldhouse

February 15 **Make it Monday! Me and My Shadow** at Southwest Library 6:30 pm

February 21 **Kenosha Public Museum Sunday Funday Program: A Celebration of Africa** at the Kenosha Public Museum 1:30 pm to 3:30 pm

February 27 **2010 Special Olympics Wisconsin Polar Plunge** at Lake Andrea next to Rec Plex 12 pm

February 27 **Mardi Gras** at Local UAW 3615 Washington Rd. 6:30 pm visit www.wchkenosha.org

February 28 **Great Kenosha Pizza Bake-Off** at Madigrano Marina Shores 1 to 5 pm

March 18-20 **2010 Autism Society of Wisconsin Annual Conference** Green Bay, WI Hotel Sierra

March 27 **Autism Ball** at Milwaukee, WI Country Club

May 20-22 **United Cerebral Palsy 2010 Conference** at Chicago, IL The Westin Michigan Ave.



Launching into Technology!

Tender Touch Therapy is joining Facebook. You can become a fan of Tender Touch and receive the latest information about upcoming events, activities, closings and other fun information. All you need to do is be a member of Facebook and search for Tender Touch Therapy!

The Facebook page is still under construction and will have new and exciting information added soon. This is one avenue that we will be using to assist us with our communication with all of our families and patients. Please feel free to make any recommendations or suggestions to help us with this process.

Tender Touch Therapy is also

in the process of adding a web page. We will keep all of you posted in regards to our web page address and when it will be launched. We hope to place many of our forms, information about our staff, information about our facility, and other important informative areas on the web page. Please watch for information regarding our launch date!



Fun Activities for the Winter

Paint the Snow fill spray bottles with water and food coloring and enjoy making fun pictures in the snow!

Catch a snowflake with your tongue make the most of our crazy snow storms and count how many flakes you can catch!

Make a maze shovel a maze in the snow and see who can make it to the end.

Headless snowman make a snowman without his head. This is a great photo opportunity, have your child stand behind the snowman and say cheese! What a great snowman he will be!

Ice Sculptures pre-freeze colored water in crazy shapes and Jello molds then go outside and enjoy the sculpting opportunity to make some interesting sculptures.

Snow ball throwing contest make a target with colored water in the snow and then see who can make it to the bulls-eye. Colored sticks or flags may make it easier to indicate the rings!

Snow Furniture make some furniture out of the snow and then use it appropriately! Make a buffet table and then have an outdoor feast!



Tender Touch Therapy, LLC

5219 88th Avenue
Kenosha, Wisconsin 53144
Phone: 262-653-0850
Fax: 262-653-0853

2333 Northwestern Ave Suite 105
Racine, Wisconsin 53404



***Changing their
world, one ability at
a time.***



Introducing Our New Logo!

We would like to introduce our new logo and tag line. You may see some changes around the clinic in the near future with our new logo. We plan to update our sign located at the road front soon. We have also changed our slogan to "changing their world, one ability at a time." We feel this phrase positively depicts our goals and the

children we work with on a daily basis. Please watch for our new logo in other places as we continue to advertise.



New Faces

You may see some new faces in the clinic on occasion. We will have some students rotating in and out of the clinic in both the occupational and physical therapy departments. Please feel free to ask them any questions and get to know them. The students are required to follow the HIPPA regulations that are in place here at Tender Touch, so please feel free to share your child's medical history and status as you are comfortable. We appreciate your understanding and support in assisting in the education of these students.