



Stay safe this summer with some helpful tips from our therapists!

SAFE TRAVEL TIPS FOR OLDER ADULTS

By: Lisa Rabinowitz, PT, MHA



July and Independence Day signal the time to travel and journey on a plane. In preparation for travel there are several safety tips that are valuable for all adults but especially older adults.

1. **Vaccinations** — if traveling abroad, check the CDC website for all necessary vaccinations and schedule an appointment with your doctor or healthcare provider.
2. **Make a list** of your daily medications and take them in their original bottles so you remember instructions for each pill. Remember to consider changes in time zones. Carry your medications in your carry-on bag to ensure your pills are always with you and prevent a delay with lost baggage.
3. **Prevent deep thrombosis** by getting up frequently during your flight and completing standing exercises in the airplane aisles. You can also purchase over-the-counter compression socks that provide improved venous circulation.
4. **Drink fluids while flying.** People try to avoid liquids, so they do not have to get up during the flight, but it is essential for body health to drink fluids and prevent urinary tract infections and dehydration.
5. **Protect yourself from infection.** Many people take Clorox wipes to disinfect the arm rests, folding table and controls for radio and TV. After using the wipes, wash your hands with soap and water for at least 20 seconds. Remember to wash your hands every time you touch your face, eat or after using the toilet.
6. If you have mobility concerns, **call ahead** to the airport and arrange a wheelchair or cart transport from the terminal to the gate. The distance is always extensive. Pre-planning will ensure your safety and prevent excessive fatigue.
7. Make copies of your credit cards and passport and keep in the hotel safe in case of theft.

STAY HYDRATED!

Signs/Symptoms of Dehydration

- Increased thirst
- Fatigue
- Dizziness
- Headaches
- Dark/decreased urine
- Sleepiness, lack of energy
- Irritation
- Muscle cramps
- Fainting

PREVENTION IS KEY!

- Drink plenty of fluids **every day!**
- Drink more fluids when the weather is hot or are exercising
- Eat **foods with high water content** (eg. fruits and vegetables)

In the case of an emergency:

Go to an emergency room or call 911.

These tips will allow you to enjoy your trip and have a happy and healthy adventure!

Safe Travels!

SENIOR GARDENING TIPS

By: Teresa Powell, PTA



With age we often find people give up the activities they love because the activities become more difficult. Balance challenges decrease confidence and the fear of falling restricts activity. Research has shown though that in order to maintain balance and reduce fall risks we need to stay active and continue to challenge our bodies. Gardening is a wonderful activity that provide many benefits that extend lifespan and improve overall quality of life. With some extra planning and a few special tools you can continue to enjoy your garden for many years to come.

The benefits of gardening are many:

- ❖ You're outside in the sun for some much needed Vitamin D, just remember to apply sunscreen.
- ❖ It can reduce your risk of heart attack or stroke by 30%.
- ❖ The physical activity of gardening improves strength, flexibility, coordination, and decreases risks of osteoporosis.
- ❖ It's good for the mind. Gardening has been shown to reduce stress and anxiety.

Ways to make gardening easier:

- ❖ **Raised flower beds or vertical trellises** to encourage upward grow and make watering and weeding easier with less bending.
- ❖ **Pace yourself and pay attention to the weather.** Plan to garden in the morning when the temperature is cooler and have a water bottle nearby to help you stay hydrated.
- ❖ **Use longer handled tools** to reduce bending and make sure to use proper body mechanics to reduce strain on your back.
- ❖ **Use a stool or bench** for lower ground level work to protect your back and avoid squatting.
- ❖ **Safety note:** It is always a good to have a cell phone with you so that you can easily call for help if a problem arises.

If you are having difficulties with moving or balance and find you aren't able to do the things want to do, remember your physical therapist can design a program to get you back to doing the things you love and living your best life.

FOR MORE INFORMATION:

See this 2013 study from the British Medical Journal.

<https://www.sciencedaily.com/releases/2013/10/131028184948.htm>

See this recent study from the Netherlands.

<https://www.ncbi.nlm.nih.gov/pubmed/20522508>

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