

NEWSLETTER

September 2022

Welcome Fall!

Does your child have the right backpack?

It's all about the fit:

- A backpack should be no wider than your child's torso
- The shoulder strap anchor points shouldn't extend beyond 1-2 inches below the top of their shoulders
- The bottom of the backpack should not extend further than 1-2 inches above their waistline
- Straps should be fastened to fit snugly to the torso/shoulders
- Choose a backpack with wide, padded, adjustable shoulder straps and a padded back panel to minimize direct pressure to the back
- Both shoulder straps as well as the waist strap should be worn to help balance weight distribution



Ditch the unnecessary weight:

- Experts recommend kids carry no more than 10-15% of your body weight
- Choose a bag with multiple compartments to help balance the load, packing heavier items lower and toward the center of the back

Posture is key

- When carrying items, be sure to have the backpack fit snugly against the body to reduce unwanted swaying, shifting of your items or friction on skin

Signs and symptoms of a concussion

It is important to monitor young athletes playing fall sports.



Signs and symptoms of concussion can show up immediately after the injury or be noticed days or weeks after the injury.

If an athlete reports one or more symptoms listed below, they should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says they are symptom-free and it is okay to return to play.

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| • Headache or "pressure" in head | • Feeling sluggish, hazy, foggy or groggy |
| • Nausea or vomiting | • Concentration or memory problems |
| • Balance problems or dizziness | • Confusion |
| • Double or blurry vision | • Just not "feeling right" or "feeling down" |
| • Sensitivity to light | |
| • Sensitivity to noise | |

Therapist Highlights:



Katie Jorgensen,
Rehabilitation Director,
Regional Medical Center

What made you decide to pursue the director position?

I was fortunate at my previous place of employment to have received a lot of great mentorship and opportunities to participate in various leadership trainings, process excellence trainings, and culture driven trainings. These opportunities aided in my continual self-reflection of where I am now and where I want to go. This position allows me to support our rehab team members in the ways I was supported early on. I am passionate about learning new things and challenging myself to go outside of my comfort zone and I hope to be an example of that.

What keeps you coming back each day?

Our Story. In rehab, we have a unique impact on the wellbeing of our community members. We have a highly skilled rehab team that provides exceptional services and that cares about the outcomes of our patients. I learn from this talented group every day. I am happy to share the joy of our successes and work through the challenges we face together.

What are some of the goals you would like to achieve as director?

My personal number one goal is to be supportive of every team member in reaching their individual and department goals. I would like to see the rehabilitation team involved at every level of care, for every person that could benefit from rehab services.

Five fall activities to keep families moving

- 1. Pumpkin/apple picking** – Skip the hayride and choose to walk. Not only will you be getting physical activity, you will be picking healthy foods.
- 2. Raking (and jumping in) leaves** – Encourage kids to lend a hand by helping rake leaves. Working as a family to rake/move provides a great time to bond as a family. Kids may be more interested if they can dive into the amazing pile after raking.
- 3. Hiking** – Lace up your sneakers and enjoy a fall foliage hike together! There are tons of trails out your back door where you can enjoy autumn seasons striking hues of red, orange and yellow.
- 4. Nature scavenger hunt** – Create a scavenger hunt for. Add a time limit to encourage physical activity. Searching for leaves, sticks, pinecones and other objects can help keep a fun goal in mind, without focusing on physical activity.
- 5. Corn maze** – Get lost in a corn maze for hours of wandering and exploring! Use the time to help kids about navigation and direction.



Pumpkin Oatmeal Cookies

- 2 ½ cups rolled oats
- 1 cup pumpkin puree
- 3 tablespoons maple syrup or agave nectar
- 1 cup chocolate chips of choice (optional)

Instructions

1. Preheat the oven to 350F and line a large baking sheet with parchment paper.
2. In a large mixing bowl, combine the oats, pumpkin and syrup, mix well. If adding chocolate chips, fold them in.
3. Using your hands, form into small balls and place on the baking tray and press each ball into a cookie shape. Bake for 10 minutes.
4. Remove and allow to cool on the sheet.

Notes

TO STORE: Cookies are best stored in the refrigerator, as they are soft and won't keep well at room temperature. They will keep well for 1 week.

TO FREEZE: Place leftover cookies in a Ziploc bag and store in a freezer for up to 6 months.

Therapist Highlights:



Laura Braun,
Physical Therapist,
Regional Medical Center

When she is not working, you can find Laura on the sidelines of her boys' sporting events, enjoying the great Montana outdoors by hiking, biking, or cross country skiing. She also enjoys reading and crafting as well as chatting with friends and family.

Laura works mainly with the pediatric population. She helps kids with mobility skills, coordination, and functional strength. Laura works with kids both on land and in the pool, making therapy sessions fun while helping kids gain motor skills. She is able to help with foot and ankle bracing needs as well as equipment to meet the mobility needs of the patient.

What is the best part of your job?

I really enjoy watching kids learn new skills and the excitement parents have when their child achieves their goals. The patients, patient family members and my amazing co-workers make it a joy to come to work every day.

What are you learning or working on currently— personally or professionally?

I continue to work to be a well-rounded therapist who can meet the needs of all my patients. There is such a range of skills and needs in pediatrics, I want to continue to learn new things to keep therapy fun and functional for all. Personally, I continue to strive to be a better parent and friend. I am entering a new chapter of life, parent of a college student, which is teaching me new things every day. I am working to start a book club, to enhance my social activity as well as knowledge through the ideas of friends.