



TCP Times

News for the Residents, Families & Staff of Twin Cities Senior Communities

MAY 2016

From the Doctor's Desk...

Spring is quickly turning into summer and for the residents, families, and staff of the senior communities we serve, this change of seasons ushers in a new host of activities. From enjoying the beauty of the lilacs in full bloom to upcoming Memorial Day festivities, the **joys of this new season are all around us**. You're reading something new as well - the **first edition of our newsletter**. My hope is that you'll gain something valuable from this first issue and enjoy future reading of this publication as well!



To Your Health,

Dr. Clemencia Rasquinha, MD, CMD

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Twin Cities Physicians

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Meadow Ridge Senior Living

ON THE ROAD WITH TCP *Discover Communities We Serve*

MAKING A DIFFERENCE AT MEADOW RIDGE

Conveniently located in Golden Valley, Meadow Ridge Senior Living is a model example for how Twin Cities Physicians works with senior communities.

Our team meets with on-site staff on a weekly basis to determine which new residents moving in are interested in a complimentary consultation with Twin Cities Physicians. **An appointment is scheduled and completed at a time that's convenient for the resident.** If the resident determines that we're the right choice for their primary care needs, an appointment is scheduled for the resident to meet with one of our providers - either Steven Atkinson, PA-C, MS or Dr. Clemencia Rasquinha, MD, CMD. **This process has resulted in dozens of new residents choosing Twin Cities Physicians once they understand the level of service and quality of care they will receive.**

Thanks to our partners at Meadow Ridge Senior Living for creating a great place for seniors to live, while working so closely with us to coordinate the best primary care possible for their residents.



SENIOR WELLNESS TIPS *Insights for Our Patients*

ARTHRITIS AWARENESS: Live Better with this Disease

May is National Arthritis Awareness Month and for the more than 50 million Americans and their families currently dealing with this disease, it's **a chance to learn more about how to treat this ailment.** Here are **3 key ways to live a better with arthritis:**

1. Movement Matters

Staying in one position for extended periods of time can worsen the affects of arthritis. Frequent stretching and movement is key to help loosen joints, muscle, and tissue and help you find some relief.

2. Play to Your Strengths

If your arthritis is most painful in your fingers and wrists, use other stronger parts of your body like your arms to open and close large doors.

3. Ask for Help

There's no shame in asking for help on occasion. When trying to complete a specific task, if you need an extra hand, it's better to ask for help than injure yourself further. Most folks will be happy to lend you their assistance.

RECENT COMMENTS

"Twin Cities Physicians has been the physician group at our community for about 4 months now. Everyone is amazing. Steven and Clemencia visit very frequently. They are my go-to people. When I report any concern, the response is very quick. I speak to them directly so there is no time wasted leaving messages at a clinic and waiting for a response from a doctor's nurse. Both families and clients have been amazed by the work they do. When a family needs support, they are right there with them. They are absolutely amazing."

Kayla, Director of Nursing at a Senior Living Community

CAREGIVER'S CORNER

Encouragement for Families & Staff

Should You Join a Support Group?

As a family member with a loved one growing older, it's easy to put your needs on the backburner as care for their needs increase. **The best way to offer the loving care that's needed, however, is to ensure that your own emotional needs are also being met.** Support groups are a great way to do this and offer you the opportunity to:

- 1. Share Ideas and Experiences** - Connect with other families who are also caring for their elderly loved ones.
- 2. Take Time Out** - Refocus, even if just on a monthly basis, and discuss your own emotional needs.
- 3. Focus On Specific Subject Matter** - Whether you're facing the sometimes difficult feelings that can come with a loved one's transition to assisted living and memory care or handling the challenges of a difficult disease, there are support groups designed to help family members work through many challenging situations.



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