



TCP Times

NEWS FOR THE SENIOR COMMUNITIES WE SERVE

IN THIS ISSUE...

From the Doctor's Desk...

June is here, and with this new month comes great memories of bygone summers filled with fishing up north at the cabin, swimming at the local watering hole, and working in the garden for many of the patients that I meet with. June also signals the beginning of the most pleasant stretch of weather that we enjoy here in Minnesota during the year. **My advice: get out and soak it in!** Just a few minutes of summer sun and fresh air can add a spring to your step and joy to your day. Enjoy your June and this month's newsletter, packed with helpful information for residents, families, and staff of the senior communities we serve!



To Your Health,
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ON THE ROAD with TCP

Learn about the exciting things happening at this local senior community where we're proud to visit weekly!

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SENIOR WELLNESS TIPS

MEN'S HEALTH:

5 Steps to Better Living

As we celebrate Men's Health Awareness Month, discover new ways for men to live well at any age!

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ON THE ROAD with TCP

Serving Patients in their Home at Maple Hill

For the last several months, Twin Cities Physicians has been serving residents of Maple Hill Senior Living in Maplewood, MN. This new senior community opened their doors in February and is already filling up with residents in their assisted living and memory care residences.

A Strong Partnership

We've been working with Maple Hill Senior Living from the very beginning. To date, we've had the pleasure of meeting many residents and staff members at a special Meet & Greet. With over 25 residents that have already chosen Twin Cities Physicians as their primary care provider, we are proud of the partnership that we are developing with this growing senior community.

An Exciting Future

We look forward to the next phase of our partnership with Maple Hill that may include bringing them one of our **Choosing Wisely in Geriatrics** presentations designed to help educate residents, family members, and staff on senior health related topics like Dementia, Incontinence, and Geriatric Pharmacology. Whatever the next steps are, we're happy to be bringing needed on-site primary care to Maple Hill Senior Living.

RECENT COMMENTS ABOUT TWIN CITIES PHYSICIANS

"I am beyond impressed with the care Twin Cities Physicians has provided for my clients. As a new nurse, it is very comforting to know the physician group your community is partnering with takes the time to truly listen to clients' concerns, includes families in care coordination planning, and openly shows their dedication to improving the health of the geriatric community. Dr. Clemencia Rasquinha and Steven Atkinson (PA), thank you for all you have done to provide the best possible care for my clients. I am truly honored to be working with such a well-rounded, pro-active, and attentive group of health care providers!"

Natalie – RN at a Senior Living Community



MEN'S HEALTH: 5 Steps to Better Living

SENIOR WELLNESS TIPS

June is Men's Health Awareness Month and the perfect time to discuss these key steps to better living for men as they age:

- 1. Stay Active** – It's never too late to start exercising. From a short daily walk to additional seated movement, exercise has been proven to decrease dementia cases and reduce risks of many common diseases that affect the elderly male population.
- 2. Eat Well** – A diet rich in calcium, vitamin D, fiber, potassium, and healthy fats can give you more energy and keep your body and mind sharp.
- 3. Get Your Screenings** – Stay up to date on your colorectal cancer, blood pressure, and cholesterol screenings to ensure that you catch anything serious early. Often more can be done to correct health issues if found in the earliest stages.
- 4. Stay Positive** – Research shows that men who remain positive about their lives as they age also live healthier and longer.
- 5. Reduce Your Stress** – The aging process for men can be stressful. Muscle relaxation, visualization, and listening to relaxing music can help reduce this stress and allow you to live a happier, healthier life.

STRESS-LESS CARE GIVING

How to
Reduce
Stress as
You Care
For Residents &
Family Members



CAREGIVERS' CORNER

We work closely everyday with the staff and families in the dozens of senior communities we serve across the Twin Cities. Through our work, we have developed a tremendous respect for the care, patience, and love that each caregiver has for our patients, but sometimes **with this work can come feelings of stress**. Here are our **top tips for reducing stress** while providing great care:

- **Help Seniors Become More Self Reliant** – Often those we care for forget how capable they still are in completing simple tasks. When you empower them to try and succeed, it benefits them and reduces the pressure on you.
- **Put Things into Perspective** – Sometimes a frustrating situation can throw your whole day off. But realize that while moments of frustration will always occur the great care you consistently provide far outweighs the negatives.
- **Take Time to Renew Yourself** – Whether it's taking time for additional exercise, a favorite hobby, or coffee with a friend, taking a break from your work and refreshing, renewing, and recharging yourself can make all the difference for you in your life and work.

Want Twin Cities Physicians as Your Primary Care Provider?
Call us at **763-267-8701** to schedule your **no-obligation consultation**
at your community or visit us at **www.twincitiesphysicians.net**