



NEWS FOR THE SENIOR COMMUNITIES WE SERVE

IN THIS ISSUE...

## From the Doctor's Desk...

The summer heat is back, bringing us some of the hottest weather in Minnesota! July reminds us grilling out, fireworks, and Independence Day celebrations. **There's no better way to enjoy this July than celebrating the holiday and the season with your community, friends, and family!** This month's newsletter is filled with information for residents, families, and senior community staff on how they can get out, stay active, and enjoy this summer sun!



To Your Health,  
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## THE WATERFORD

INDEPENDENT &amp; ASSISTED SENIOR LIVING

### ON THE ROAD with TCP

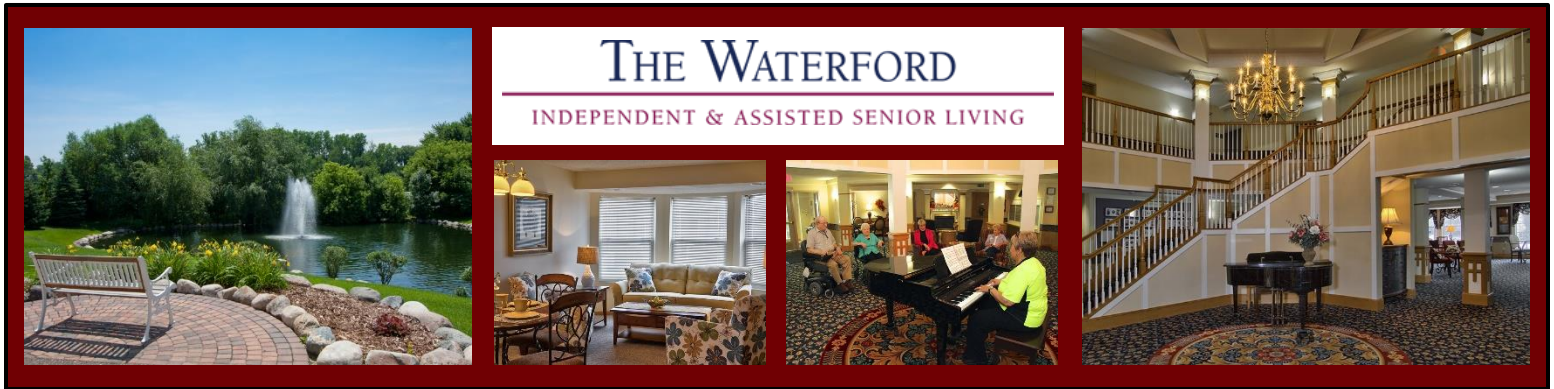
New things are happening at The Waterford! Read up on our current and future involvement with this welcoming Brooklyn Park senior community! **Pg. 2**



### SENIOR WELLNESS TIPS National Therapeutic Recreation Week

Discover new ways to get out and improve your health during these days of summer!

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## ON THE ROAD with TCP

### Resident Care at the Waterford

Twin Cities Physicians has had the pleasure of serving the residents of The Waterford Senior Living in Brooklyn Park, MN for several months now! From independent living to advanced care, this community offers residents many living options based on their needs. Twin Cities Physicians is proud to partner with The Waterford offering on-site primary care and 24/7 access to our provider staff.

### A Growing Partnership

Since our team started working with The Waterford, we've had the pleasure of serving many residents to help them achieve their health goals. We currently work with close to 40 residents. As we continue to work together, we're excited about the future – supporting even more residents, family, and staff members.

### What's In Store?

Twin Cities Physicians has already had the opportunity to provide educational events on several occasions at Waterford Senior Living. From educating home health aides on proper dementia care to providing health information sessions for residents, our provider team has presented an array of topics for both residents and staff members. We're excited about planning future events with The Waterford and look forward to continuing to grow our relationship with residents, families, and staff.

## RECENT COMMENTS ABOUT TWIN CITIES PHYSICIANS

*"Twin Cities Physicians has been a blessing to our senior community. I have never worked with such responsive, knowledgeable, and caring providers. I recommend Twin Cities Physicians every chance I get!"*

*- Ellie, Director of Resident Relations at a Senior Living Community*

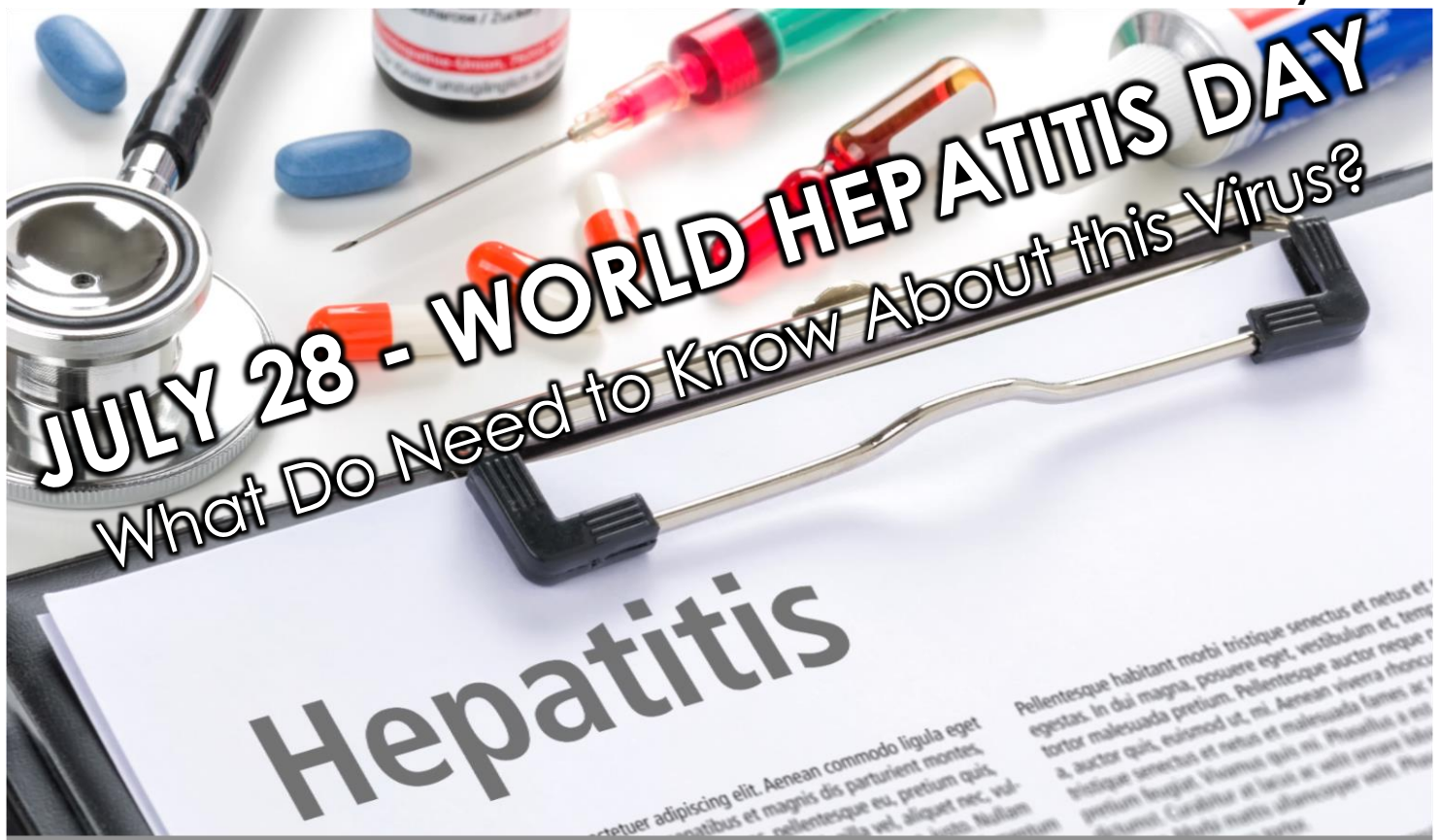




## SENIOR WELLNESS TIPS

**July 10-17 is National Therapeutic Recreation Week** and participating in these activities can improve the health and well-being of older adults as they age. Activities to try include:

- 1. Expressive Arts** – Painting and pottery-spinning can improve fine motor skills while activities like cooking, sewing, or knitting can help seniors express new feelings or learn new skills!
- 2. Music Making** – This activity can improve attention spans for many seniors. Using simple instruments to make a rhythm or tune can be both social and rewarding for older adults.
- 3. Horticulture** – Practicing gardening and making flower and plant arrangements can help seniors become more active and stimulate their senses. Gardening is also a great activity for our patients dealing with Dementia as they remember skills and activities that they enjoyed from the past.
- 4. Outdoor Activities** – Enjoying the outdoors often brings better physical and mental stability to seniors. Fishing, adaptive team sports, or swimming can greatly improve motor skills and overall well-being.



## CAREGIVERS' CORNER

Every day, staff within senior communities handle the challenges of working with residents who have contracted the Hepatitis virus. In fact, seniors who were born between 1945 and 1965 are actually **five times** more likely to contract the Hepatitis C virus. With **World Hepatitis Day on July 28<sup>th</sup>**, here are a few reminders for staff and family members who work with seniors regularly:

### Become Vaccinated

While vaccinations are typically administered during infancy, healthcare employees and caregivers are at a greater risk of contracting the Hepatitis A or B virus, so it's important to ensure your vaccination are up to date.

### Sanitize Properly

Preventing the transmission of Hepatitis is a crucial duty when caregivers are working with an affected patient. Cleaning contaminated items with a 1-to-10 bleach water solution can help disinfect and prevent the transmission of Hepatitis.

### Wash Hands

The Hepatitis B virus has the potential to live on a dry surface for up to 10 days – this is why it's so important to continually wash your hands. By being proactive in your hand washing frequency, you can deter the transfer of the virus.

## 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](http://www.twincitiesphysicians.net)