



TCP Times

NEWS FOR THE SENIOR COMMUNITIES WE SERVE

IN THIS ISSUE...

From the Doctor's Desk...

The snow is gone and spring is in the air! From planting favorite flowers in your community garden to watching the trees as they bud with the promise of renewed beauty, this is a season of hope and life – a time to prepare for some of the most beautiful months ahead. **This edition of our newsletter will help you prepare for these next few months as well.** Inside, you'll find tips on how to get outside and start enjoying this change of seasons while ensuring that spring allergies don't catch up with you! Enjoy reading!



Happy Spring,
Steven Atkinson, PA-C, MS
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FEATURE STORY

**ENJOYING THE WEATHER:
*Getting Back Outside!***

Relish this changing weather. **Pg. 2**



ASK OUR DOCS

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ENJOYING THE WEATHER

Getting Back Outside!



FEATURE STORY

As the sun shines brighter, now is the perfect time to enjoy some fresh air.

Whether it's simply opening your window to let the cool breeze blow in, sitting outdoors with friends, or taking a more active approach planting in the garden or taking a walk, outdoor activities abound for many regardless of their health or ability level.

If you love the spring time, you're not alone. **According to a recent Gallup poll, 53% of adults ages 65 or older call spring their favorite season.** So how do you enjoy this season, while staying healthy? Here are a few of the tips we give our patients at this time of year:

1. Dress for the Weather

Sometimes in the spring it looks warmer than it actually is. Test the conditions before going out – a light jacket might be the right choice for you. If it's sunny, a wide-brimmed hat or sunglasses can protect you against ultraviolet rays.

2. Drink Lots of Water

As your activity level outside in the sun increases, your need for water can also rise. Aim for 8+ cups of water per day to stay hydrated.

3. Find Something You Love to Do

From gardening to bird watching, discover an activity that's right for you – it makes being outside even more meaningful and enjoyable.

Q&A on SPRING ALLERGIES

with Nancy Strong, APRN, CNP



ASK OUR DOCS

Here's some advice for handling spring allergies from our own **Nancy Strong, APRN, CNP**:

Why are spring allergies so uncomfortable?

Pollen from weeds, grass, and trees causes much of the discomfort felt during this time of year. Our bodies release a chemical to defend against these allergens called histamine, which causes the irritating symptoms associated with allergies. Because there are an increased number of allergens in the environment during the spring, more histamine is produced in our bodies and discomfort levels for many affected by seasonal allergies rise.

How can seniors prevent complications from allergies?

I always encourage my patients to be proactive when it comes to protecting

themselves against spring allergies. Here are my two biggest tips:

1. Treat Symptoms Quickly

For example, ignoring symptoms brought on by allergies – like an irritated throat or congested nose – can be dangerous to a senior with pre-existing cardiovascular issues. I tell my patients that if they are ever feeling these symptoms to call me right away!

2. Avoid Traditional Antihistamines

While they are great for treating allergies in younger people, these drugs can be dangerous for seniors. There are many other safer alternatives that I prescribe to my patients regularly.

Any additional advice? Don't let the threat of spring allergies keep you from enjoying the beautiful weather outside. Monitor how you're feeling, and if you begin to see or feel symptoms, reach out to your doctor. We're only a phone call away.

IN THEIR OWN WORDS...

Stories from Our Patients & Families



← Celebrating Our “Poet in Residence”

Our own Steven Atkinson, PA-C, MS is pictured here recently with one of his patients who just published a new book of poetry. Her many poetry awards are proudly displayed on her wall at her senior community. Not bad for a woman celebrating her 100th birthday this June!

It’s “All About Convenience” According to Roy →

Our own Jeannie Phillips, PA-C, MS is pictured here with patient Roy. When asked about his experience with Twin Cities Physicians recently he said, “Jeannie is very caring. I used to have to go out and see my doctors and my son would have to take me. Now I don’t have to ask my son to take me just to see my doctor.” That’s convenience with a capital “C” for Roy.



Do you have a story or picture to share of your experience with Twin Cities Physicians?
Call us at **763.231.9324** or email us at info@twincitiesphysicians.net.

NEXT STEPS...

Current Patients & Families

Call us anytime. We’re happy to provide care for you or your love one in the comfort of your community when you need us.

Want Twin Cities Physicians as Your Primary Care Provider?

Call us to schedule your no-obligation consultation to learn more at **763.267.8701** or schedule online at www.twincitiesphysicians.net

JUST FOR FUN... SPRING WORDFIND

Can you find all 10 of these spring words?

- | | |
|------------------|-----------------|
| BIRDS | KITE |
| BLOOM | LIFE |
| FLOWERS | PEACEFUL |
| GARDENING | SEED |
| HATCH | SUNSHINE |

E N I H S N U S G L E E D M Y
 F L O W E R S A U Y U E O R F
 V J V N V R R F D B E O C S V
 B G Y L P D E U E S L A C C A
 Q V M Q E C S T Y B J I R D H
 S Y H N A I I J H H E I E C U
 O U I E K K N I E F I L T U L
 L N P Q Y A T Z N B Y A X M X
 G E Y I V B L Q S B H J D D W
 G O Y M Q Y D V I X J N E S W
 P O D F V C C R T E L A H X L
 Q Q N D H Z D B W B X R W R K
 I W H D T S B O B W H F G F Q
 K C Q Y Y I M W F Z S A N W M
 M A Y X N G L B L O N Y H C M