

Good Samaritan Society offers inpatient and outpatient services

Getting your life back on track takes a lot of work—whether it’s after an injury, illness or surgery. Good Samaritan Society-Forest City is here to help you heal with exceptional inpatient and outpatient therapy services.

They offer physical, occupational and speech therapies, as well as 24-hour skilled nursing care, if it’s needed.

More than 25 percent of all therapy patients admitted are able to return home in 30 days or less.

Inpatient and outpatient therapy program are available to people of all ages in Forest City and the surrounding communities. At Good Samaritan Society-Forest City, they don’t believe in “one size fits all.” Your individual goals—physical, emotional and spiritual—are their goals, too. They will do everything they can to help you recover as quickly and comfortably as possible, with all the support you need.

After surgery or an injury requiring hospitalization, your doctor may recommend physical therapy to re-teach your body how to move properly, occupational therapy to re-learn how to get around safely, or speech therapy to re-connect your brain and muscles so you can swallow and communicate more effectively.

This post-acute rehabilitation, or inpatient care can help you return to everyday life as safely as possible. If you choose to receive your therapy at Good Samaritan Society-Forest City, their team of expert therapists from Millennium Therapy will guide, advise and encourage you. Millennium Therapy delivers high quality physical, occupational and speech therapeutic services. And staff members will be there to address your wants, needs, and even fears, with love and kindness.

A medical doctor will oversee all your care and their team of highly skilled nurses will make sure that your care plan is followed. Your therapy sessions will be tailored to your individual needs, geared toward helping you feel like yourself again.

When you are ready to leave, they will do an in-home assessment to make sure it’s as safe as possible, and that you are able to do the activities you need, in order to live there.

If you’d like help maintaining your strength, you can use their outpatient therapy program to continue working with the therapists who know you and understand your individual needs and goals.

If you have any questions, or want to learn more, call Good Samaritan Society at 641-585-2232 or visit their website at *good-sam.com/forestcity*.



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To learn more about how our services may fit your needs, call (641) 585-2232.



FOREST CITY

All faiths or beliefs are welcome.

Forest Plaza Assisted Living; An option for elderly who need help

If you’re being more and more challenged with everyday activities, Forest Plaza may be the answer. You can receive the daily support you desire, while remaining as independent as possible.

Making the decision to leave your house can be difficult for you and your family, but you can make the transition easier by finding the right fit and being honest about your needs and concerns.

Assisted living is an option for the elderly who want or need help with some of the activities of daily living—things like cooking meals, housekeeping, shower assistance and medication management.

Forest Plaza may be a wise choice if you need more personal care services than what is found in an independent living community, but you don’t need round-the-clock medical supervision of a nursing home.

Forest Plaza offers the safety and security of 24-hour support and access to care. Day or night, help is only a call away. However, privacy and independence provide you the freedom to do what you can for yourself.

At Forest Plaza Assisted Living, a country setting welcomes tenants, while only being a few minutes from downtown. The caring and highly-trained staff make sure you receive personal attention for management of your medication, or help with bathing and dressing; staff are here with a smile to start each day. Tenants at Forest Plaza have their choice of apartment type and service package. The apartments are available for rent on a month-to-month basis, with no “buy-in” fees or long-term leases. The monthly rent includes a full range of amenities. All apartments include large bathrooms, kitchenette areas, individual climate control, cable television, and utilities (except telephone).

Assisted living services at Forest Plaza include: 24-hour nursing availability; ongoing health and wellness program; personal emergency response system; three nutritious meals daily; diabetes management; social and activity programs; barber/beauty salon; complimentary laundry facilities; reading room, TV lounges, coffee bars; patio and courtyard with seating; and onsite, independently-operated medical clinic, pharmacy, and rehabilitation services.

Forest Plaza Assisted Living was acknowledged by DIA for having an insufficiency-free monitoring visit during the most recent biennial re-certification period, in the course of the on-site state regulatory review completed in November 2017.

Forest Plaza is licensed and certified by the State of Iowa Department of Inspections and Appeals as an Assisted Living provider since opening in 2001, and is locally owned and operated.

Forest Plaza is a proud member of the Iowa Center for Assisted Living and Iowa Health Care Association.



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Health, Mind & BODY



A February 7, 2018 special supplement to the

Lake Mills Graphic

Manage pain with massage therapy

Addiction to opiates is a growing problem in the United States and Canada. Pain relief therapies, such as massage therapy, can be viable alternatives to the prescription pain medicines that often serve as a gateway to illegal drugs such as heroin.

Addition to prescription painkillers is common. The National Institute on Drug Abuse estimates that 4.7 million people in the United States are dependent on painkillers, the sale of which has increased by more than 300 percent since 1999. Retail pharmacies across Canada dispensed 19 million prescriptions for opioids in 2016, which was up slightly from 18.9 million in 2015, according to the health data company QuintilesIMS. When prescriptions to oxycodone, hydromorphone and fentanyl run rampant, many people turn to heroin as a less expensive and more readily available means of pain relief.

NIDA says that up to seven percent of people who are prescribed opiate or analgesic pain killers will become addicted. To help reduce the overprescribing epidemic and keep people from becoming addicted to pain meds, people can look for other ways to alleviate pain.

Massage therapy is a viable option that can work wonders to improve flexibility and offer relief from pain in different parts of the body. In addition to alleviating pain, massage therapy can promote relaxation, reduce anxiety and improve quality of life.

Research indicates that massage therapy can reduce the incidence and frequency of back pain, headache and leg pain and can

even reduce stress and tension. Massage therapy can be an asset to those with myalgia, carpal tunnel syndrome and other conditions.

Researchers at McMaster University in Canada found that massage therapy affects the activity of certain genes, which directly reduces inflammation in muscles—the same results that would occur if a person took pain medication. Researchers tested people who exercised and received massages afterward against a control group, discovering that “massage dampened the activity of proteins known as inflammatory cytokines, which cause inflammation and pain. It also increased levels of proteins that signal the muscles to produce more mitochondria, the cell structures that produce energy and help muscles recover from activity.”

A review published in the journal Complementary Therapies in Clinical Practice noted that moderate pressure massage can lead to decreased cortisol levels, helping to reduce stress and anxiety. Massage may help stimulate serotonin products, improving mood and feelings of well-being. Also, according to AMTA, deeper massage stimulates blood circulation to improve the supply of oxygen and nutrients to body tissues while helping the lymphatic system to flush away waste products. It also eases tense and knotted muscles and stiff joints, improving mobility and flexibility.

Massage therapy can be a viable alternative for pain sufferers who are reluctant to take potentially addictive prescription pain medications. TF17A420

HEALTH, MIND & BODY

Welcome to Medicare and Annual Medicare Wellness Visits

You can get one free “Welcome to Medicare” checkup at any time during the first 12 months after you enroll in Medicare Part B. This checkup is not the type of comprehensive exam known as a “physical” but an opportunity for your doctor to assess your health and provide a plan of future care. The checkup serves as a comparative baseline for monitoring your health during the annual “wellness visits” that Medicare will pay for in subsequent years.

The “Welcome to Medicare” checkup is optional. You do not need to have had this checkup to qualify for later annual wellness visits, but Medicare won’t pay for a wellness visit during your first 12 months in Part B.

The “Welcome to Medicare” checkup is free of charge (no deductible, no copay) if the following conditions are met:

- *If you’re enrolled in the original Medicare program:* You need to go to a doctor who accepts “assignment”—meaning that he or she accepts the Medicare-approved payment as full compensation.

- *If you’re enrolled in a Medicare Advantage plan (such as an HMO or PPO):* You need to go to a doctor in the plan’s provider network.

Yearly “Wellness” visits: If you’ve had Part B for longer than 12 months, you can get this visit to develop or update a personalized prevention help plan. This plan is designed to help prevent disease and disability based on your current health and risk factors. All people with Part B are covered.

Your costs in Original Medicare

You pay nothing for the “Welcome to Medicare” preventive visit or the yearly “Wellness” visit if your doctor or other qualified health care provider accepts assignment. The Part B deductible doesn’t apply.

- However, you may have to pay coinsurance, and the Part B deductible may apply if:
- Your doctor or other health care provider performs additional tests or services during the same visit.
- These additional tests or services aren’t covered under the preventive benefits.

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HEALTH, MIND & BODY

How to overcome workout fatigue

Regular exercise provides a host of immediate and long-term benefits. Those who exercise regularly can maintain healthy weights while reducing their risk for illnesses such as cardiovascular disease and diabetes.

While exercise can make people more energetic throughout the day, some might find themselves battling fatigue during their workouts. Muscle fatigue is a normal side effect of exercise, but people who are experiencing difficulty getting through their workouts due to fatigue may benefit from the following strategies.

- Eat a balanced diet. The Hospital for Special Surgery in New York City advises that a well-balanced diet that includes complex proteins, fruits, vegetables, and carbohydrates can help men and women combat workout fatigue. People who are working out in an effort to lose weight may think that combining exercise with a diet low in carbohydrates can help them achieve their goal more quickly. However, the HSS advises people dealing with workout fatigue to increase the amount of carbohydrates they eat. Doing so will help muscles maintain their glycogen levels, which are depleted during exercise. According to the HSS, carbs should account for between 40 and 60 percent of aerobic athletes’ caloric intake, and between 30 and 35 percent for anaerobic athletes.

- Eat before and after a workout. Early risers who like to exercise first thing in the morning might develop muscle fatigue if they workout on empty stomachs. The HSS recommends eating a light meal or snack roughly two hours before exercising, and then eating again within one hour of finishing a workout. Doing so provides some energy during a workout and helps muscles broken down during exercise refuel and repair.

- Stay hydrated. Hydrating during a workout helps replace the water and nutrients that are lost through sweat. Muscles that are not hydrated during a workout and throughout the rest of the day are susceptible to fatigue.

- Use proper form when exercising. Improper form can lead to injury and/or muscle fatigue. Men and women who cannot adhere to proper form when working out may need to reduce the amount of weight they’re lifting. As activities are performed using proper form, people may find they’re building muscle without growing fatigued. As workouts progress, weight can be added.

- Give the body time to recover. Whether it’s more time between sets of repetitions or an extra day off between workouts, a fatigued body might just need more time to rest and recover. Aging men and women must recognize that they might not be capable of pushing themselves as hard as they once did and should adjust their workouts accordingly.

Fatigue is a formidable foe for exercise enthusiasts. But such exhaustion can oftentimes be overcome with a few simple strategies. HM181605

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Benefits of core strength training

In the decade, chances are strong competitive athletes, weekend warriors and men and women who routinely exercise have heard of workouts touting the benefits of core-strengthening exercises. Those unfamiliar with core training might think it’s just another exercise fad, unaware of the many practical benefits of a strong core.

To understand the benefits of core strength training exercise, it first helps to understand what such exercises are and dispel a common misconception about core training. People unfamiliar with core strength training may mistakenly believe it’s merely a way to sculpt toned abdominal muscles. While core training focuses on muscles in the abdomen, it does not do so exclusively. Proper core strength training focuses on the body’s entire core, including the hips, back and chest as well as the abdomen.

The following are three significant ways that athletes and nonathletes alike can benefit from core strength training:

1. Improved balance

While working muscles in the hips, abdomen and back, core strength training is training these muscles to function as a more cohesive unit. This can improve balance, which can prove especially beneficial to aging men and women who may feel like they are losing some of their coordination.

2. Uniformity of muscles

Men and women who adhere to more traditional strength training workouts may notice certain muscle groups develop more than others, perhaps naturally or because they are willingly or subconsciously focusing on certain areas more than others. For example, a person who enjoys doing bicep curls might develop especially large biceps but may not focus as much on the muscles in his or her back. That can lead to muscular imbalances. Proper core strength training reduces the likelihood of such imbalances because the exercises focus collectively on a group of muscles, training these muscles to work together and developing them at the same pace.

3. Better posture

According to the online medical resource WebMD, core-strengthening exercises are the best way for men and women to improve their posture. That’s because some of the muscles worked during core training move the torso by flexing, extending or rotating the spine, while other muscles worked stabilize the pelvis and spine in a natural, neutral position. The Premier Sports and Spine Center notes that some of the benefits of good posture include lower injury risk, better alignment that can lower risk for arthritis and improved muscle health.

Core strength training exercises can pay various dividends that greatly improve adults’ overall health. MT182714

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