



# Ohana Care CONNECTION

MAUI'S VIP HOMECARE AGENCY

MARCH + APRIL ISSUE • 2020

## DID YOU KNOW?

## NOT ALL PHYSICAL THERAPY PRACTICES ARE THE SAME

Successful Physical Therapy is a process that helps your body heal. It includes a relationship between the therapist and the patient built on honesty & trust. In our conversation with Ted Anderson, Owner & Physical Therapist, **Venture Physical Therapy**, he answers questions our about physical therapy, and shares what makes **Venture Physical Therapy** unique.

### WHAT IS PHYSICAL THERAPY?



Physical Therapy (PT) treats the muscular-skeletal and nervous system of your body. PT includes an evaluation, assessment, and treatment of individuals with limitations in functional mobility. PT is provided by professionally licensed physical therapists who have a master's degree or a clinical doctorate degree from an accredited institution.

The goal of PT is to help patients actively engage in their own healthcare and recovery to ease pain, regain mobility, become as active as possible, and get their lives back.

**All Physical Therapy practices are not the same!** The range of services offered, and quality of care can vary.

**Venture Physical Therapy** understands that sometimes you need more than traditional PT. They offer additional options to promote your healing and ensure that a real conversation begins between you and your therapist so PT can truly "do its job". Communication is crucial so patients can understand "why" the treatments are necessary and what steps are needed to promote healing.

When a patient becomes comfortable with their therapist, trust is established and they will be open to sharing their problems. This leads to better treatment plans and quicker healing. At **Venture Physical Therapy** successful PT includes patient progress, a personalized treatment plan, and lifestyle changes that will "take hold" and change the patient's life for the better.



MOTIVATIONAL  
QUOTE

*"Talk to yourself like you would to someone you love."  
- Brene Brown*

# Venture Physical Therapy

answers your questions



by: Deb Galvez

## DO YOU NEED PHYSICAL THERAPY?

*Have you experienced any of the following –*

Chronic pain, spinal injury, stroke, foot/ankle issues, concussion, arthritis, amputation, shoulder or knee pain? Or, do you live with Cerebral Palsy, Parkinson's Disease, Multiple Sclerosis or need help with fall prevention?

*If so, you may need PT to:*

relieve pain, improve movement or stability, prevent or recover from injury, prevent a disability or surgery, work on balance to prevent slips or falls, or rehab after a stroke, accident, injury, or surgery.

## WHERE CAN YOU GET PHYSICAL THERAPY?

Physical therapists work in many settings: hospitals, nursing homes, outpatient clinics, sports teams, cardiac rehab centers, schools, and in-home. Venture Physical Therapy offers treatment at their clinics on Maui and Lana'i, or in-home, if needed.

## WHAT HAPPENS DURING TREATMENT?

Therapeutic exercise is used to help improve function, mobility, motion, strength, and to decrease pain and stiffness. Heat, ice, ultrasound, and electrical stimulation can also help the healing process.

Patient education about a condition or illness is critical, and communication and trust are vital.

Venture Physical Therapy's goal: get you through the worst times, listen when you're in pain, create confidence in yourself and your body, so you can heal.

## WHAT MAKES VENTURE PHYSICAL THERAPY DIFFERENT?

Venture Physical Therapy offers a collaborative approach to care and allows for quality in-home treatment when needed. The goal: get you back to doing the things you love without pain or difficulty, help you avoid costly surgeries and unnecessary pain medications or injections.

"Venture Physical Therapy believes if our patients feel like ohana, their recoveries will go better. Whether you come to our clinics, or we go to your home, we should have humility in our heart and a joke on our lips."

## HIGHLIGHTS OF WHAT MAKES VENTURE PHYSICAL THERAPY UNIQUE

- ▶ **'THERAPY FOR WHOLE LIFE' APPROACH:** Venture Physical Therapy can incorporate Physical Therapy, Occupational Therapy, Speech Therapy, In-Home Therapy, Aquatic Therapy and AlterG rehabilitation in a personalized program to get you back to the activities of daily living.
- ▶ **A CREATIVE APPROACH TO CARE:** Each treatment is customized to the patient and their unique situation. Venture Physical Therapy believes that Better Care = Better relationships, which in turn, creates Better Healing.
- ▶ **A UNIQUE, POSITIVE HEALING ENVIRONMENT:** The Venture Physical Therapy culture is motivating and uplifting for patients, and sets an expectation for progressive healing, along with a better quality of life. "Our clients are people first, and patients second."
- ▶ **FREE 15-MINUTE CONSULTATION FOR ANYBODY:** Our goal is to Educate, Inform & Refer when necessary! Drop by. Ask your questions. Take a look around. Venture Physical Therapy will share our thoughts and give you answers. We are here to make recommendations within our community to help others improve their lives.
- ▶ **GIVING BACK TO THE MAUI COMMUNITY:** Venture Physical Therapy engages in community outreach to fill gaps in knowledge and patient care. They consult with local coaches, CrossFit centers, expectant mothers, and hold free classes for nurses and care staff on fall prevention, transfers and more. They also have Occupational Therapy classes for seniors on how to handle buttons and dress themselves.

*"You are not alone  
when it comes to pain;  
our ohana is here  
to help you."*



Let  
**Venture Physical Therapy**  
teach you how to  
move, use your body,  
relieve pain, improve  
mobility and get you  
back on your feet.

*To Learn More*

[www.venturerehab.com](http://www.venturerehab.com)

OR, CALL: **808.633.4480**

## MAIN DISH

[ FEATURED RECIPE ]

# Quick Miso Soup

Servings: 1

No need for powdered packets for this quick soup recipe: Just pack a thermos with veggies, tofu, and miso in the morning. Come snacktime, you're a cupful of water and a couple of minutes away from a delicious, bone-warming soup.

### INGREDIENTS:

- 2 tablespoons grated carrot
- 1 scallion, thinly sliced
- 2 tablespoons finely diced silken tofu
- 1 tablespoon white miso
- Smoked Salt Furikake for serving  
(see recipe at right)

### DIRECTIONS:

Combine all ingredients in a travel mug. To serve, pour 8 oz. boiling water into the cup and stir until miso is well blended. Let sit 2 minutes before eating.

### SMOKED SALT FURIKAKE

- 2 tablespoons toasted sesame seeds
- 1 sheet toasted nori, torn into small pieces
- 2 tablespoons bonito flakes
- 1 tablespoon smoked sea salt, divided

In a small food processor, spice grinder or a mortar and pestle, grind the nori, bonito, plus half the salt into a fine powder. Stir together with the toasted seeds and remaining salt.

Store in an airtight container.



## EMPLOYEE OF THE YEAR 2019



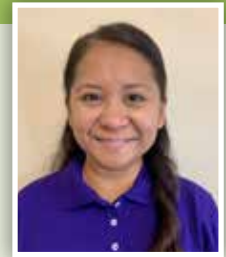
### AND DECEMBER EMPLOYEE OF THE MONTH

#### Congratulations Leila A!

Leila is truly the prime example of a team player! She goes above and beyond for both her coworkers and her patients, communicates well, and always shows up. We would like to send a huge congratulations and thank you to Leila for her hard work in 2019 and always!

## EMPLOYEE OF THE MONTH

JANUARY



#### Mary Ann T.

Mary Ann is always picking up shifts to help her patients and her coworkers. She is actively working hard to grow her skill and knowledge and is eager to grow. We are very proud and grateful to have her on our team.

RECIPE BY: Sara Dickerman PHOTO BY: Danny Kim

# MARCH + APRIL *at a glance*

## EMPLOYEE BIRTHDAYS

March 7th – Angie B.

April 9th – Bryeana L.

April 20th – Jessika G.

April 20th – Lauren M.

April 26th – Karley S.

April 28th – Davika D.

April 28th – Keeana P.

## IMPORTANT DATES



March 17th

St. Patrick's Day

April 10th  
Good Friday



April 12th  
Easter Sunday



## ACTIVITIES

**CPR/AED/First Aid Certification — Red Cross**

**Saturday, March 14th  
11AM – 5PM**

LOCATION: Ohana Care Maui in Wailuku

DESCRIPTION: Need your certification for work? Want to know how to save lives? Call us today to register for our CPR/AED and First Aid class! We have one of the best classes on the island that goes over in detail the skills you need to save lives and to positively react in emergencies. Our class certifies you with the American Red Cross.

CALL: 808-344-1285  
TO REGISTER.  
COST IS \$115

**FREE Workshop for 'Proper Transfers at Home'**

**Wednesday, March 25th 5:30PM**

LOCATION: Ohana Care Maui in Wailuku

DESCRIPTION: Learn how to properly help your loved one transfer from one location to another. Whether they are bed bound and using a wheel chair or they are suffering from minimal mobility issues. We will show you what to do in all levels of care for transferring your loved one!

CALL: 808-344-1285  
TO REGISTER.  
THIS CLASS IS FREE

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CALL: 808-344-1285  
TO REGISTER.  
COST IS \$115

**FREE Workshop for 'Advanced Care Planning' Wednesday, April 29th 5:30PM**

LOCATION: Ohana Care Maui in Wailuku

DESCRIPTION: Lynn Lewis is a Patient Advocate/Community Liaison for Islands Hospice and she will provide a presentation on Advance Care Planning. The class covers how to have conversations with our families and physicians regarding our health care preferences. She also will familiarize participants with legal forms used to document our wishes. Lynn worked as a Medical Social Worker at Maui Memorial Medical Center for 12 years prior to joining Islands Hospice.

CALL: 808-344-1285 TO REGISTER.  
THIS CLASS IS FREE

CONTACT US TODAY TO SEE HOW WE CAN HELP

808-344-1285



OHANA CARE MAUI.com

*your questions answered—  
inside this issue!*

**DO YOU NEED  
PHYSICAL THERAPY?**



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