



# FAMILY MEDICAL 2010

## Recreation is not all fun and games at Medford Multicare

Whether a long-term resident or a short-term patient, the recreational therapists at Medford Multicare Center for Living, as part of the interdisciplinary team, learn about each resident, their likes and dislikes, what they used to do before arriving at the facility and what types of activities can be provided to engage them and enrich their experience while at Medford.

When you hear the words "recreation therapy," most people think of Bingo and fun and games. "While fun is important, and there is always lots of it at Medford, for example our recent 'clowning around' day where staff and residents dressed as clowns and had a day full of 'clowning around' activities, there is a lot behind the title therapeutic recreation that helps residents maintain or improve function," noted Carolyn O'Brien, certified therapeutic recreation specialist and director of therapeutic recreation at Medford. "Our therapeutic recreation team is always striving to begin new programs to improve the quality of life for the residents at our facility. A program we call 'Symphony of the Senses' is available to residents on feeding tubes during the time meals are served. The program includes tactile stimulation, aromatherapy, inspirational readings, music and trips outside and makes them think of something else when other residents are eating," said Carolyn.

"Our newest innovative program in our therapeutic recreation calendar is group empowerment drumming. Studies have shown the benefits of group empowerment drumming in boosting recovery and a person's immune system. Our recreation therapist, Jodi Adler, runs the program and is only one of a very few people on Long Island who is a trained Health Rhythms facilitator, a program developed by a neurologist and music therapist," said David Fielding, administrator. Group empowerment drumming has been studied for its ability to strengthen a person's immune system, inspiring



creativity and bonding in long-term care residents, improving mood, providing exercise and energizing participants. Mr. Fielding continued, "It is truly remarkable to watch how everyone comes together during the sessions."

Medford Multicare Center's therapeutic recreation team is a combination of 15 therapists and recreation therapy assistants with an average of seven team members in the facility each day. Programs are offered to residents of all functional and cognitive levels to provide interactive and mind-stimulating activities. An Internet café is also available for Medford's residents to go online.

Medford Multicare Center for Living provides short-term restorative rehab, skilled nursing, long term geriatric services, respiratory care services, tracheostomy care, oxygen therapy, IV therapy, wound care, and has a dedicated and secure Alzheimer's/dementia unit.



Residents at Medford Multicare Center in a group empowerment session led by Jodi Adler, recreation therapist.



For further information, or to tour the facility, please call 730-3000 or visit [www.medfordmulticare.org](http://www.medfordmulticare.org). Medford Multicare Center for Living is conveniently located at 3115 Horseblock Road in Medford, right off LIE exit 64. ■

## Making oral care fun for kids year-round

Children's oral care is something many parents are concerned about year-round, but there are also several times during the year when oral care is especially important. For example, Halloween, the winter holidays, Valentine's Day and Easter are all large candy-eating times in the year, making it essential to take the time now to teach children the importance of maintaining good oral health.

"Tooth decay is the most common chronic childhood disease, so it's important to teach children effective tooth brushing habits, especially around the holidays, when children are typically consuming more sweets than usual," says dentist and mom Dr. Jennifer Salzer.

Oral care isn't usually a top priority for children and teeth cleaning may even be considered a chore to kids, which is why it is so important for parents to get involved and teach children the importance of proper oral care early on in their children's lives. To make oral care more fun for children, Dr. Salzer offers some of her best tips:

- Parents should brush their teeth with their child to set a good example. It also helps children to learn by watching and imitating their parent.
- Sing your child's favorite song, like "Twinkle Twinkle Little Star," or play a song from their favorite singer for the two minutes while they are brushing their teeth.
- Give your child a toothbrush that is designed to appeal to a toddler who is learning to brush and whose baby teeth are growing in, like Oral-B Stages 2, which is designed to effectively reach all teeth, with its narrow head, simple bristle pattern and Power Tip.
- For younger children, when their first



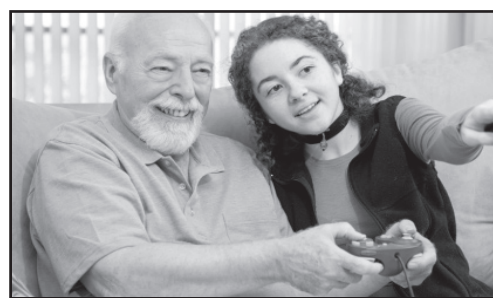
teeth begin to appear, parents should brush teeth using a child-sized, soft-bristled toothbrush with a cushioned head to help protect babies' tender gums, like Oral-B Stage 1 toothbrush.

• It's important that children 2 and older use fluoridated toothpaste to help prevent decay as their teeth continue to develop. One such toothpaste, Oral-B Stages, provides effective cavity protection in a kid-tested, mild formula gel that comes in fun flavors that kids love, like "Fruit Burst" or "Princess Bubblegum."

For additional information about children's oral care and to get some expert oral health tips, schedule an appointment with Dr. Shawn P. Shannon in East Patchogue by calling 654-1040. ■

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