

# What Is Occupational Therapy?

Occupational therapy focuses on improving health and quality of life through facilitating participation and engagement in your occupations, the meaningful, necessary, and familiar activities of everyday life.

## How do occupational therapy professionals distinctly focus on productive aging?

- Promoting health and quality of life
- Supporting aging in place
- Preserving meaningful roles and occupations
- Promoting engagement in managing personal health and wellness
- Maintaining or increasing participation in meaningful occupations in the community
- Facilitating participation in meaningful occupations (daily activities)
- Maintaining or increasing engagement in ADLs (dressing, eating, bathing, etc.) and IADLs (driving, shopping, finances, leisure activities, etc.)
- Sustaining involvement in community activities and civic engagement or volunteer work
- Promoting safety in driving and community mobility
- Recommending and teaching clients to use adaptive equipment so they can perform daily activities
- Recommending home adaptations and modifications in an effort to maximize independence and safety

## Meet Mrs. Pham!

Mrs. Pham lives alone since her husband died. She has had osteoarthritis for years, but recent pain in her hips and knees and difficulties moving around have caused her to be less active. She feels unsteady and has fallen two times, but she has not told her son or daughter, who both live in different states with their families. She has five grandchildren who she wishes she could visit more. She misses her friends, because she does not get out as often as she used to.

## What are her occupations?

Mrs. Pham completes her self-care activities slowly with some pain. She assumed the responsibility for managing her finances when her husband died. She takes care of her home and does the shopping, but she becomes very tired when out in the community, as she tries to do many errands on the same day. She used to go to the Senior Center, but she stopped 2 months ago.

## Where does she perform her occupations?

Mrs. Pham lives in a two-story home with five steps to enter from the garage. She has lived in her home for 34 years so there is a lot of “stuff,” as she calls it. She must drive within her community to do errands.

## Occupational Therapy's Distinct Value for Mrs. Pham

The occupational therapist evaluated Mrs. Pham's abilities and challenges when performing the activities she needs and wants to do safely at home. The occupational therapist also completed a home safety assessment and educated Mrs. Pham on simple home modifications and fall prevention strategies that would allow her to continue to age safely in her home. For example, moving kitchen items she uses every day to the lowest shelf in the kitchen cabinet or to the counter allowed Mrs. Pham to remain safe and independent with making her meals, which she enjoyed. The occupational therapist also addressed Mrs. Pham's arthritis by teaching her strategies for doing daily activities while protecting her joints from unnecessary pain and injury.

## Outcome

Mrs. Pham was able to remain in her home and continue to age in the place she loved and had lived in for so many years. She did not have any further falls at home, and she did not require additional hospitalizations directly related to falls or her arthritis. She was able to manage her self-care activities and return to participating in her Senior Center activities. Mrs. Pham reported improved satisfaction with her quality of life, and her involvement in her prior meaningful activities and her community.



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## THE VILLAGE OF BEDFORD WALK

JES | PRIME SENIOR LIVING

AUGUST 2022

## COMMUNITY EVENTS



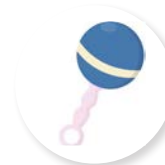
### AUGUST 11 | Smart Home Seminar

Are you interested in staying independent as long as possible. Sometimes independence isn't only staying physically and mentally healthy but also having a safer and “smarter” home. Mid-Mo Smart Home will be hosting an informative seminar about some of the things they are doing around Mid Missouri to keep their seniors safe and independent. They are giving seniors and their families every day peace of mind. They offer the newest technologies such as security cameras, doorbell cameras, smart hubs, medication monitoring, fall alert systems, smart locks, and tech support. Sign-up, show up, and learn more!



### AUGUST 25 | Sip 'n' Paint

The activity is for everyone from beginners to experts! We will be creating a multi-seasonal door hanging. This will only require painting and a taste for wine. This event will be hosted in the Magnolia room and is \$5 a person to participate. The fee will cover all materials and 2 glasses of wine. Enjoy a relaxing fun evening with some of your fellow neighbors for this simple step by step tutorial. Seats are limited so please sign up a min of 2 weeks in advance.



### AUGUST 30 | Volunteer Gift Wrapping

In lieu of a fifth August craft class, we will be doing a volunteer gift wrapping activity. All the donated baby shower items will need to be organized, packaged, and wrapped in preparation for the baby shower that is taking place on September 1st. If you are interested in volunteering your time to help, we will be meeting in the Magnolia room. All gift wrapping materials will be provided, and you will only need to bring yourself. Thank you in advance for volunteering your time to a wonderful Bedford BIG Hearts hosted event.

## FEATURED: The Bedford Big Hearts



I am so pleased to announce that we more than DOUBLED our goal for the Bedford BIG Hearts Car Wash event! The Bedford staff washed 20 cars in an effort to raise money for expectant refugee mothers. We will be hosting a baby shower for 6 of those mothers at the City of Refuge on September 1st. The earnings are enough to buy all 6 moms a new baby carrier. This was our most successful charity event yet and we look forward to many more! Thank you so much to the Bedford staff for their long hours in the heat, thank you to our residents who signed-up for the car wash, and thank you to the many residents that donated financially to our cause! In addition to the car wash, we also spent the month collecting birthday supplies for the Boys and Girls Club. The donation

bins are absolutely bursting at the seams with the outpour of donations from our wonderful community! The staff at the Boys and Girls Club will just be elated! These Birthday kits will not only make some little boys' or girls' entire day but provide some relief due to the rising prices to raise a child in today's economy. Thank you, thank you, thank you!!

This month's Bedford BIG Hearts local charity is The City of Refuge. In addition to the baby carriers, we would like to spend this month collecting some of the basic needs' items on their registries. These items include Diapers, wipes, diaper cream, sleepers, baby lotion, receiving blankets, board books, and teething toys. We ask that these items be new and not used due to the sensitive skin and hygienic needs of a newborn baby.

**WELCOME YOUR  
NEW NEIGHBOR!**  
Margaret Manning

**HAPPY  
BIRTHDAY!**

Sharron Bednar  
August 17th


















John Rudder  
August 21st

Sharon Pryor  
August 22nd

Marilyn Bettis  
August 30th

Betty Shoe  
August 31st



SUN	MON	TUES	WED	THUR	FRI	SAT
<p><b>RL</b> = Resident Led Event</p> <p> = Trash Day</p> <p> = Recycle Day</p>	<p><b>1</b></p> <p>First Day to Collect Baby Shower Gifts for <i>City Of Refuge</i></p> <p>Hair Stylist Available by Appt</p> <p>8:15 a.m. Water Aerobics 1</p> <p>8:45 a.m. Water Aerobics 2</p> <p>12:30 p.m. Hand &amp; Foot <b>RL</b></p> <p>3:00 p.m. BINGO</p> 	<p><b>2</b></p> <p>10:00 a.m. Crafts with Kelly: Coaster</p> <p>10:00 a.m. Vote at Rock Bridge Church</p> <p>12:30 p.m. Euchre <b>RL</b></p> <p>2:00 p.m. Tech Tuesday: FaceTime</p> <p>3:00 p.m. Fiber Arts</p> 	<p><b>3</b></p> <p>10:00 a.m. Fitness Class with EmpowerMe</p> <p>10:30 a.m. Resident Council Meeting</p> <p>12:30 p.m. Bridge <b>RL</b></p> <p>1:00 p.m. Weekly Shopping Trip: <b>BED BATH &amp; BEYOND</b></p> <p>4:00 p.m. Social Hour <b>RL</b></p> 	<p><b>4</b></p> <p>12:30 p.m. Brain Games</p> <p>12:30 p.m. Euchre &amp; Dominoes <b>RL</b></p> <p>5:00 p.m. Dinner Club: The Pasta Factory</p> <p><b>NO Chair Yoga</b></p> 	<p><b>5</b></p> <p>9:00 a.m. Coffee &amp; Conversation</p> <p>10:00 a.m. Tai Chi</p> <p>12:30 p.m. Hand &amp; Foot <b>RL</b></p> <p>6:30 p.m. Game Night <b>RL</b></p>	<p><b>6</b></p>
<p><b>7</b></p> <p>1:00 p.m. Hymn Sing in Piano Lounge</p> <p>3:00 p.m. Afternoon Show: <i>Persuasion</i></p>	<p><b>8</b></p> <p>Hair Stylist Available by Appt</p> <p>8:15 a.m. Water Aerobics 1</p> <p>8:45 a.m. Water Aerobics 2</p> <p>12:30 p.m. Hand &amp; Foot <b>RL</b></p> <p>3:00 p.m. BINGO</p>	<p><b>9</b></p> <p>10:00 a.m. Crafts with Kelly: Marbling Mini Planter</p> <p>12:30 p.m. Euchre <b>RL</b></p> <p>2:00 p.m. Tech Tuesday: Phone "Wallet"</p> <p>3:00 p.m. Fiber Arts</p> <p><i>Angelo Vazquez turns 25!</i></p>	<p><b>10</b></p> <p>10:00 a.m. Fitness Class with EmpowerMe</p> <p>10:30 a.m. Activity Club</p> <p>12:30 p.m. Bridge <b>RL</b></p> <p>1:00 p.m. Weekly Shopping Trip: <b>Schnucks</b></p> <p>4:00 p.m. Pizza &amp; Portrait Artist</p> 	<p><b>11</b></p> <p>10:00 a.m. Chair Yoga</p> <p>12:30 p.m. Euchre &amp; Dominoes <b>RL</b></p> <p>12:30 p.m. Brain Games</p> <p>3:00 p.m. Mid-Mo Smart Home Seminar</p> 	<p><b>12</b></p> <p>9:00 a.m. Coffee &amp; Conversation</p> <p>9:30 a.m. Day Trip: St. Charles Main Street</p> <p>10:00 a.m. Tai Chi</p> <p>12:30 p.m. Hand &amp; Foot <b>RL</b></p> <p>6:30 p.m. Game Night <b>RL</b></p> 	<p><b>13</b></p>
<p><b>14</b></p> <p>1:00 p.m. Hymn Sing in Piano Lounge</p> <p>3:00 p.m. Afternoon Show: <i>The Man from Toronto</i></p>	<p><b>15</b></p> <p>Hair Stylist Available by Appt</p> <p>8:15 a.m. Water Aerobics 1</p> <p>8:45 a.m. Water Aerobics 2</p> <p>10:00 a.m. Chair Yoga</p> <p>12:30 p.m. Hand &amp; Foot <b>RL</b></p> <p>3:00 p.m. BINGO</p>	<p><b>16</b></p> <p>10:00 a.m. Crafts with Kelly: Decorating Onesies</p> <p>12:30 p.m. Euchre <b>RL</b></p> <p>2:00 p.m. Tech Tuesday: Accessibility</p> <p>3:00 p.m. Fiber Arts</p> <p>3:00 p.m. BUNCO Night</p>	<p><b>17</b></p> <p><b>HAPPY BIRTHDAY Sharron Bednar!</b></p> <p>10:00 a.m. Fitness Class with EmpowerMe</p> <p>12:30 p.m. Bridge <b>RL</b></p> <p>1:00 p.m. Weekly Shopping Trip: <b>Tuesday Morning</b></p> <p>4:00 p.m. Social Hour <b>RL</b></p> 	<p><b>18</b></p> <p><i>Columbia Foot Available by Appt</i></p> <p>10:00 a.m. Chair Yoga</p> <p>12:30 p.m. Brain Games</p> <p>12:30 p.m. Euchre &amp; Dominoes <b>RL</b></p> <p>5:00 p.m. Dinner Club: <b>Casa Maria's MEXICAN CANTINA</b></p> 	<p><b>19</b></p> <p>9:00 a.m. Coffee &amp; Conversation</p> <p>10:00 a.m. Tai Chi</p> <p>12:30 p.m. Hand &amp; Foot <b>RL</b></p> <p>1:00 p.m. Global Market at Community United Methodist Church</p> <p>6:30 p.m. Game Night <b>RL</b></p> 	<p><b>20</b></p>
<p><b>21</b></p> <p><b>HAPPY BIRTHDAY John Rudder!</b></p> <p>1:30 p.m. Live Music Provided by Connie Leopard</p> <p>3:00 p.m. Afternoon Show: <i>Five Feet Apart</i></p> <p><b>NO Hymm Sing in Piano Lounge</b></p>	<p><b>22</b></p> <p><b>HAPPY BIRTHDAY Sharon Pryor!</b></p> <p>Hair Stylist Available by Appt</p> <p>8:15 a.m. Water Aerobics 1</p> <p>8:45 a.m. Water Aerobics 2</p> <p>10:00 a.m. Chair Yoga</p> <p>12:30 p.m. Hand &amp; Foot <b>RL</b></p> <p>3:00 p.m. BINGO</p>	<p><b>23</b></p> <p>10:00 a.m. Crafts with Kelly: Baby Shower Decorations</p> <p>12:30 p.m. Euchre <b>RL</b></p> <p>2:00 p.m. Tech Tuesday: Personal Hot Spot</p> <p>3:00 p.m. Fiber Arts</p>	<p><b>24</b></p> <p>10:00 a.m. Fitness Class with EmpowerMe</p> <p>12:30 p.m. Bridge <b>RL</b></p> <p>1:00 p.m. Weekly Shopping Trip: <b>ALDI</b></p> <p>4:00 p.m. Social Hour: Cruise Ship Celebration &amp; Birthday Party!</p>   	<p><b>25</b></p> <p><i>Massage Therapist Available by Appt</i></p> <p>10:00 a.m. Chair Yoga</p> <p>12:30 p.m. Brain Games</p> <p>12:30 p.m. Euchre &amp; Dominoes <b>RL</b></p> <p>3:00 p.m. Introduction to Occupational Therapy</p> <p>4:30 p.m. <b>Siz n' Paint</b> *</p> <p>*Materials and Wine \$5</p> 	<p><b>26</b></p> <p>9:00 a.m. Coffee &amp; Conversation</p> <p>9:30 a.m. Day Trip: Boonville Lunch and Casino</p> <p>10:00 a.m. Tai Chi</p> <p>12:30 p.m. Hand &amp; Foot <b>RL</b></p> <p>6:30 p.m. Game Night <b>RL</b></p> 	<p><b>27</b></p>
<p><b>28</b></p> <p>1:00 p.m. Hymn Sing in Piano Lounge</p> <p>3:00 p.m. Afternoon Show: <i>A Perfect Pairing</i></p>	<p><b>29</b></p> <p>Hair Stylist Available by Appt</p> <p>8:15 a.m. Water Aerobics 1</p> <p>8:45 a.m. Water Aerobics 2</p> <p>10:00 a.m. Chair Yoga</p> <p>12:30 p.m. Hand &amp; Foot <b>RL</b></p> <p>3:00 p.m. BINGO</p> <p>3:30 p.m. Audio Interview with the Author</p> <p>4:00 p.m. Book Club</p>	<p><b>30</b></p> <p><b>HAPPY BIRTHDAY Marilyn Bettis!</b></p> <p>10:00 a.m. <i>Baby Shower</i> Gift Wrapping</p> <p>12:30 p.m. Euchre <b>RL</b></p> <p>2:00 p.m. Tech Tuesday: Open Floor, Bring a Question</p> <p>3:00 p.m. Fiber Arts</p> <p><b>NO Crafts with Kelly</b></p> 	<p><b>31</b></p> <p><b>HAPPY BIRTHDAY Betty Shoe!</b></p> <p>10:00 a.m. Fitness Class with EmpowerMe</p> <p>12:30 p.m. Bridge <b>RL</b></p> <p>1:00 p.m. Weekly Shopping Trip: <b>HOBBY LOBBY</b></p> <p>3:00 p.m. All Residents Meeting</p> <p>4:00 p.m. Social Hour <b>RL</b></p> 	<h1>AUGUST 2022</h1>		

## DETAILS

**St. Charles Main Street Trip**  
 The Bedford shuttle will be dropping us off for an unguided, free-for-all shopping experience. Stop at one of the many restaurants for a delicious meal followed by a cruise down the main street shopping district. St Charles's 200-year-old historic district has more than 125 one-of-a-kind shops. Dress up your home with framed art, antiques, clocks, collectibles, stained glass, garden flags, quilts, silk florals, and decorating accents from every period. Indulge your taste buds with handmade chocolates, fudge, toffee, cookies, ice cream, and gooey butter milkshakes!

**Global Market**  
 The shuttle will be transporting those who sign up to go to the Global Market located at the Community United Methodist Church here in town. The Global Market is a fair-trade gift shop selling crafts from around the world. Purchases make a tremendous difference for the artisans, helping to improve the lives of people in developing countries. Artisans are guaranteed fair wages and safe working conditions.

**Boonville Casino Trip**  
 Join us if you are feeling lucky! The shuttle will be traveling to the Isle of Capri Casino in Boonville where we will enjoy a lunch at Brew Brothers before hitting the slots. Bring your pocketbooks and rabbit foos!

### NOTES:

- There is no Bible Study for August
- Transportation closed every Friday