

# Ingersoll daily life enhanced by physical therapy

By ROSALYN LARRABEE

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Ingersoll Place Assisted Living and Memory Care has always prided itself for striving for the cutting edge. We try not just to care but also to listen attentively to needs of our extended family, our residents. Socialization, activities, good nutrition and care management are all vital in the daily milieu.

One of the programs we offer is a morning exercise class that assists in making bodies strong and memories sharp. Music brings the program to life and our residents often sing along, which brings more meaning to the activity. Three times a week we feature assisted daily living exercises which incorporate things that we take for granted into exercise. Simple daily tasks like putting on a seat belt or lifting a small package exemplify the focus of the program. We recognize that we all grow old; we're trying to promote a smarter way to do it.

Of course, at Ingersoll we take into consideration the individual's taste and getting to know each resident's

preference. "Activity" means the "state of being active". Lacy, who heads our activity program, and Danny, who is a social director, both strive to make each day a special event for our residents. Lacy created our travel club and our "dinner and a movie" night. Danny initiated pool sharks and golf. They both listen and try to respond to the wishes of our residents. As one might imagine, our bingo games remain most popular and we try to make them more fun by adding a new "twist" each time.

Socialization is vital. Like the old neighborhoods when residents chatted while they hung their laundry to dry or made a pot of coffee and invited one in, at Ingersoll we talk, we share, we care about each and every one of us...residents, staff, and families. We are a place full of many stories that make us so rich in life.

Recently, Ingersoll has added the services of physical therapy (indirectly, as an option Hector P.T. visits our building). A licensed physical therapist makes himself available whenever his services are needed. While the resident certainly may choose an alternative service if desired, the provision of

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physical therapy at Ingersoll provides the convenience of foregoing any outside appointments.

Typically, one thinks of physical therapy as the course of treatment sought after a stroke, broken hip, or orthopedic surgery. In all cases, physical therapy treatment requires the order of a physician, but it can also offer far more extended services than those traditionally identified with it.

The usefulness of PT often extends well beyond someone who has had a stroke or a hip replacement. Physical therapy can promote strength, improve balance,

and help maintain an individual's independence for as long as possible. PT can focus on flexibility, help one's endurance, and even help with pain management. Physical therapy can also be beneficial for the cognitively impaired. For the person with Alzheimer's, the therapist can call on familiar movements from the past (perhaps bowling, gardening, golf) to help maintain functioning.

One of the things we fear most as we age is a feeling of isolation. The days are full of ups and downs. Physical therapy is just another way we can add a little hope to the journey. Above all, Ingersoll encourages a sense of humor through socialization, an atmosphere full of activity, and meal times that offer a family ambiance.

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**Ingersoll Place**

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