

## Spot Light On Staff



Turn to page 2 to learn about Agape Therapy's Speech Therapist Debbie Kagy, and what speech therapy consists of.

2

## Therapeutic Massage



Massage can help you relax and unwind but that is not all. Turn to pg. 3 to find out some additional reasons to pamper yourself!

3

## Mothers Day

May 11, 2014



Mothers Day is coming up so don't forget to thank your mom for all of her love and support.

4

*Plus a Mother's Day massage coupon inside!*



## Speech and Hearing Month

### *Improve Relationships Through Communication*

Now is a great time to reflect and improve upon communication and how it affects the quality of your relationships. Consider making adjustments to how you handle communication in your relationships. By doing this, you may be able to improve the quality of your relationships, which can have a marked benefit to your health. Focus your attention on the most important people in your life. Try to be more positive and avoid criticizing your loved ones when issues arise.

Continued on page 2



Debbie Kagy  
Speech Therapist

*Debbie Kagy received her Masters in Science in Speech-Language Pathology from Southern Illinois University and joined the Agape team in 2004*

Language is essential to our daily living, learning, working, and enjoying life. Agape Speech Therapists (also known as Speech-Language Pathologists) teach patients how to express themselves through language in different ways, including: speech, sign language, writing, and computerized communication devices.

Debbie also assists people with swallowing disorders (also called dysphagia). Swallowing disorders can occur from any of the following: Stroke, brain injury, spinal cord injury, Parkinson's disease, Multiple Sclerosis, Muscular Dystrophy, Cerebral Palsy, Alzheimer's disease, cancer of the mouth, throat, and esophagus.

For more information about Speech Therapy please call 277-3166

## Improving Relationships (Continued)

Communicate with your close friends and loved ones in person or on the phone as much as possible, rather than using texts as your main communication mode. Take time this year to attend your friends' social events - show them you care.

**The Importance of good communication for relationships:** Quality relationships improve our lives in an assortment of ways. When we love and give we improve our mood, our immune system, we release feel good neurochemicals and we are more able to tolerate stress and tension. Knowing how to sustain intimacy and closeness is life sustaining and enriching like no other experience.

**Ways to improve communication in your relationships:** Really listen to friends/family and pay attention to what makes her (or him) feel connected to you. Also, it is important that you open up and communicate with your loved ones, which will enhance emotional intimacy and help you feel closer too.

**Personal actions to improve relationships;** The most difficult and important lesson is that your relationships are more important than being right. Try to figure out what people want and give it to them. Nobody owes you love. Expect ingratitude. Let others know you've recognized the things they're rightly proud of.

**Health benefits of improving relationships:** Social relationships—both quantity and quality—affect mental health, health behavior, physical health, and mortality risk... the risk of death among men and women with the fewest social ties was more than twice as high as the risk for adults with the most social ties. Improving relationships makes you both happier & healthier!

Information from [www.healthtap.com](http://www.healthtap.com)

# Massage Therapy...

## More Than Just Relaxation



### Massage can help...

Headaches and Migraines  
 Neck Aches & Whiplash  
 Ligament & Tension Problems  
 Tennis Elbow  
 RSI &f Carpal Tunnel  
 Hip, Pelvis, & Leg Discomfort  
 Lower Back Problems  
 Muscle Stiffness, Aches &  
 Tension  
 Shoulder Problems  
 Sports Injuries

### What is Massage Therapy?

*There are far more advantages of massage than just feeling pampered.* Massage Therapy is an enjoyable, therapeutic way to relax, as well as a useful tool for the maintenance of various ailments. It involves the manipulation of soft tissue by a skilled and licensed therapist. Our massage therapists are trained in Spinal Reflex Analysis, Myoskeletal Alignment, Lymphedema Massage techniques, sports massage, Strain-Counterstrain, and more. They take an individualized approach depending on your personal needs and the most beneficial means of treatment. Below are a few immediate and long-term benefits of massage therapy:

#### **Pain Relief**

Therapeutic massage can help relieve chronic pain, including lower back, neck and shoulder pain. Massage acts directly on your muscles relieving chronic muscle tension, accident or injury related pain, short-term spasm as well as pain caused by periods of forced inactivity.

#### **Relaxation and Stress Relief**

Certain massage techniques can help reduce anxiety and create an overall sense of well-being. Massage helps reverse the damaging physiological effects of stress by inducing a relaxation response that can benefit the immune and digestive systems, and create positive changes in the entire body/mind system. Many people find that following a massage, they experience enhanced sleep quality.

#### **Faster Recovery Time From Workouts**

Sports massage promotes the recovery of fatigued muscles, and the healing of injuries. This enables you to resume activity sooner, enhances your performance, and helps your muscles work more efficiently.

#### **Circulatory Improvement**

Massage increases blood supply and nutrition to the muscles, hastening the removal of metabolic waste products from the muscle tissue.

#### **Increased Body Awareness**

Receiving massage can help you recognize muscular tension as it occurs, so you can take measures to release it before it becomes a problem. Your therapist will also teach you techniques to help you reduce pain and increase flexibility.

#### **Improved Flexibility**

Massage Therapy can increase joint flexibility and stretch weak, tight or atrophied muscles.

Mom,

*I love you for all the  
times you picked me up  
when I was down.*

*For all the times you  
traded your warm smile  
for a frown.*

*For all the times you  
brushed my hair and  
tucked me into bed...*

*or needed something  
for yourself but  
put me first instead.*

*For all the dreams that  
we have shared,  
the tears and laughter too.*

*I love you mom with all my  
heart...*

*There's no one quite like you!*

**Happy Mother's Day!**

## Mothers Day

# Celebrate your Mom!

Don't forget to  
celebrate Mom  
**Sunday, May 11<sup>th</sup>!**

Mother's Day is a day  
to honor your mom  
and for everything  
that she has done for  
you.



### Ideas for Mother's Day

1. Call or visit her
2. The best gifts to a mother are:
  - a. Personal
  - b. Home-made
  - c. Meaningful to her
3. Send her a card and flowers
4. Tell her Thank-You for being such a wonderful mom and always being there for you!

Give the gift of relaxation. Agape Therapy wants to help you celebrate moms by offering 25% off massage gift certificates.



Call 319.277.3166 to set up your  
appointment at any of our 4  
locations!

# 25% Off Massage Coupon

For prepaid gift certificates purchased through 5/9/2014

# Patient Communication



Agape Therapy



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agapetherapy.com



agapetherapy.blogspot.com



agape@agapetherapy.com



319-277-3166 (Main Clinic)



The Side Road Newsletter



## Locations:

Main Clinic: 211 W 6<sup>th</sup> St. Cedar Falls

Waterloo Clinic: 927 W 4<sup>th</sup> St. Waterloo

The Den: 668 Main St. Dike

Key West, Black Hawk Village, Cedar Falls